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日本旅遊指南

ISSUE 75 Spring / 2016

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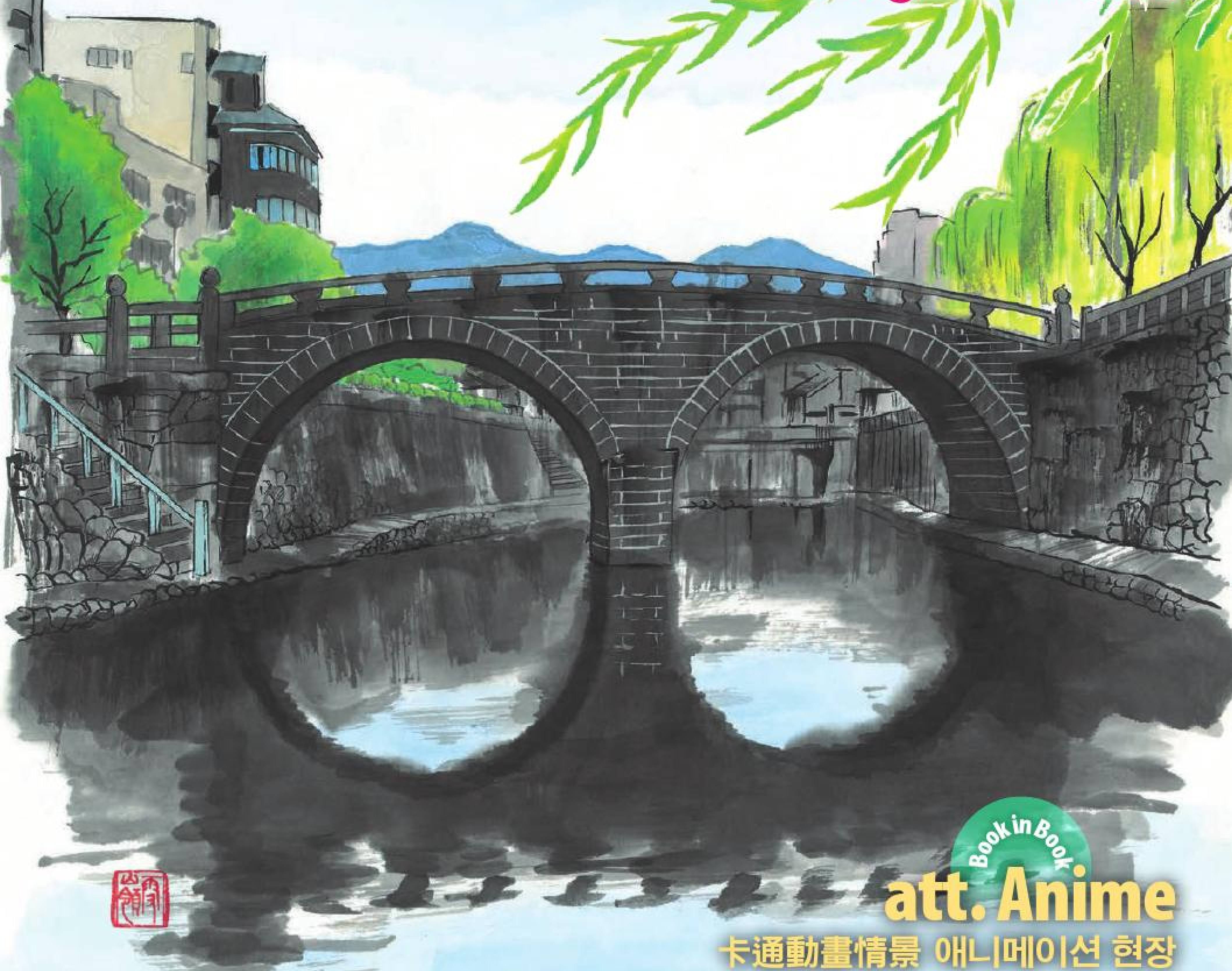
MAP & AREA GUIDE

Nagasaki 長崎



Book in Book

att. Anime

卡通動畫情景 애니메이션 현장

Have Lots of Fun in Suginami, Tokyo 暢遊東京杉並區！

JR EAST PASS Two Areas, Twice the Fun! JR東日本鐵路周遊券 兩個區域，雙重樂趣！

Okinawa: Sunset in Aguni Island 沖繩：粟-國島的夕陽

Yudanaka Onsen 湯田中溫泉

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Illustration: Hiroshi Tarui

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www.att-japan.net/tc/topics/syosai/3423

優秀作品 PRIZE-WINNING PHOTO

Photo for cover:
Megane-bashi ("spectacles bridge") in Nagasaki / 眼鏡橋 by Zhang Yunchao (Jilin Pref. China)
(Winner of the 3rd "Cover Contest")
Comment: Arches of the bridge and their reflection on the surface of the river combined make a shape of eyeglasses, which look like those of Nobita in "Doraemon"?

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Have Lots of Fun in SUGINAMI
Close to Shinjuku, Only 10 Minutes Away
距離新宿超近！暢遊杉並！

吉祥寺 Kichijoji — 西荻窪 Nishi-Ogikubo — 荻窪 Ogikubo

約2分 about 2 min / 約2分 about 2 min

Let's take local trains on the Sobu Line on Saturdays, Sundays and holidays!

週末及節假日請乘坐總武線各停前往。

Take a train on the Chuo Line from Shinjuku, and you will be in Suginami in about 10 minutes. The city has attractive towns, including Koenji, Asagaya, Ogikubo, and Nishi-Ogikubo, all famous for unique bars and restaurants serving delicious food and drink.

從新宿搭乘中央線大約10分左鐘右即可抵達。高圓寺、阿佐谷、荻窪、西荻窪。這些地區聚集了多數餐廳以及個性小餐館，可稱得上是美食主題公園！

Food 食

KOENJI 高圓寺

Filled with live houses and second hand clothing shops, the area attracts fashion-conscious young people. You can find vibrant shopping streets here and there. You may come across very unique shops you would never find anywhere else.

聚集許多展演空間與二手服飾店，來訪的年輕人川流不息，到處都是充滿活力的商店街。還有很多個性十足的商店。

Ten-yone 天米
Tempura 天婦羅

This venerable restaurant has long been serving delicious tempura in this place. You can enjoy sizzling tempura just out from the oil right in front of your eyes. Lunch dishes are available until 3 p.m. and very delicious .
3-45-11 Koenji-minami, Suginami-ku
4-minute walk from Koenji Sta.
tabelog.com/tokyo/A1319/A131904/13049378/

ENGLISH MENU

讓人感受到高圓寺風格的老店。主廚就在眼前實際演出炸天婦羅。午餐套餐最值得推薦(供應至15:00)。
杉並區高圓寺南3-45-11
從高円寺站步行4分鐘

Bariki 馬力
Izakaya Pub 居酒屋

A Japanese-style pub is located under the train track, with a big landmark red lantern. It is a famous meeting place of horse racing fans. The most popular dish, *Bariki Tofu*, is superb.
3-69-1 Koenji-minami, Suginami-ku
2-minute walk from Koenji Sta.
tabelog.com/tokyo/A1319/A131904/13125337/

位於有顯著標誌的鐵道高架橋下掛著燈籠的大眾酒館。最受歡迎的馬力豆腐是店內的絕品。
杉並區高圓寺南3-69-1
從高圓寺站步行2分鐘

ASAGAYA 阿佐谷

With a long arcaded shopping street with a touch of good old Tokyo as well as a cultural complex facility with a movie theater and a small playhouse, this town may make you feel something of an intellectual atmosphere.

遺留老街風情，擁有綿延不絕的拱狀商店街與電影院、小劇場等文化設施，是個能讓人感受到知性空氣的地區。

Kakikko Shoten Kakikko商店
Oysters 牡蠣

More than 20 dishes using fresh oysters directly sent from Hiroshima, a place famous for oyster, are prepared. *Yaki-gaki* (grilled oyster) is the most popular dish and a deep-fried oyster is also exquisite.
2-2-5 Asagaya-kita, Suginami-ku
1-minute walk from Asagaya Sta.
tabelog.com/tokyo/A1319/A131905/13171884/

ENGLISH MENU

使用從廣島直送過來新鮮牡蠣的料理多達20種以上。最具人氣的「烤牡蠣」及蘸上塔塔醬來享用的大顆炸牡蠣均為絕品美食。
杉並區阿佐谷北2-2-5
從阿佐谷站步行1分鐘

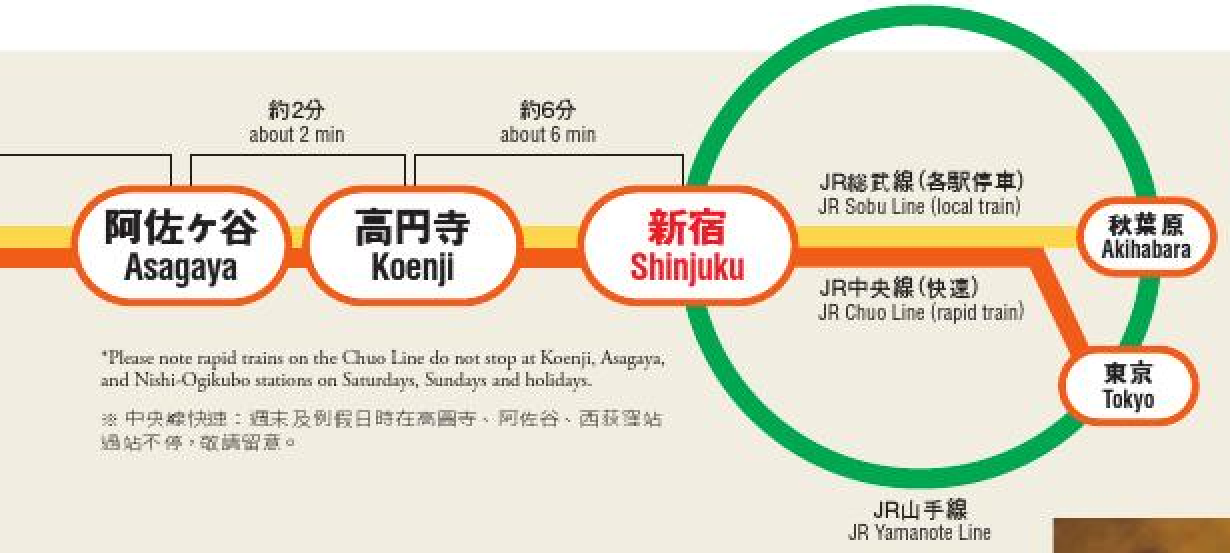
Yonekyu 米久
Oden stew 關東煮

You can enjoy eating a variety of items of vegetables, fish dumplings and others stewed in soy sauce soup while drinking sake at the counter. *Osomatsu-kun* is a popular dish reproducing a dish depicted in manga "Osomatsukun."
2-11-17 Asagaya-kita, Suginami-ku
3-minute walk from Asagaya Sta.
tabelog.com/tokyo/A1319/A131905/13011881/

ENGLISH MENU

坐在吧台上一邊飲酒，一邊品嚐各式各樣的關東煮。也千萬不要錯過重現漫畫中出現過的關東煮的人氣菜單「小松君」喔！
杉並區阿佐谷北2-11-17
從阿佐谷站步行3分鐘

*Menus in English of the two shops in Asagaya are to be prepared at the end of March.
※文中介紹的阿佐谷的店舖預定將於3月末添置英文菜單。



*Please note rapid trains on the Chuo Line do not stop at Koenji, Asagaya, and Nishi-Ogikubo stations on Saturdays, Sundays and holidays.

※ 中央線快速：週末及例假日時在高圓寺、阿佐谷、西荻窪站過站不停，敬請留意。

OGIKUBO 荻窪

This quiet residential area used to be home to many cultural figures and politicians, and now some of these residences are used as public parks. This area is also famous for ramen.

閑靜的住宅區。很多的文化人士與政治家均居住於此，現在區域的一部分被整治成公園。此區的拉麵相當出名。

Torimoto Honten 鳥Moto本店

Yakitori 烤肉串

The famous owner chef, an energetic Hokkaido native, is always at the top of his form! You can enjoy fish dishes along with yakitori. There is a standing bar.
1-4-3 Kamiogi, Suginami-ku
3-minute walk from Ogikubo Sta.
*English menu is available.
www.ogikubo-ginza.com/Torimoto.html

北海道出身的名人店長，永遠都元氣十足！除了烤肉串以外，鮮魚料理也能品嘗得到。另外設有站著品酒的吧台位子。
杉並區上荻1-4-3
從荻窪站步行3分鐘
※有英文菜單。

Nogata Hope 野方Hope

Ramen 拉麵

Ogikubo is probably best known for ramen. As one of the most famous ramen shops in Japan, Nogata Hope serves delicious ramen in a rich soup of original invention with a secret sauce. Dipping-style *tsukemen* ramen is also available.
3-29-12 Amanuma, Suginami-ku
3-minute walk from Ogikubo Sta.
*English menu is available.
soryu1988.jp/nogata-hope/stores/ogikubo/

說到荻窪就不能不提到拉麵！講究的濃厚祖傳秘方湯底相當美味。另外也有沾麵。
杉並區天沼3-29-12
從荻窪站步行3分鐘
※有英文菜單。

OGIKUBO GINZA 荻窪銀座

A district filled with small Japanese-style pubs. You can enjoy beer with various dishes, including yakitori and ramen.
聚集眾多小酒館的區域。無論是啤酒、烤肉串、拉麵等都能在這裡享受到。

NISHI-OGIKUBO 西荻窪

This town has many unique privately-owned shops. On the south side of the station, there is a small area filled with drinking places in an ethnic atmosphere. You can enjoy strolling around in the maze-like area and stopping by at several places for a drink.

聚集許多個性十足的小店鋪。從車站南口開始向外蔓延，聚集許多充滿異國風情的小酒館街道，彷彿令人迷失。到不同小酒館品酒，一邊到處逛逛也是不同樂趣。

Yoneda Yone田

Yakitori 烤肉串

A variety of yakitori dishes are offered, with an atmosphere of street stands. Gigantic *tsukune* (meatballs) are popular, and can be ordered with a sunny-side up egg atop.
3-11-10 Nishiogi-minami, Suginami-ku
1-minute walk from Nishi-Ogikubo Sta.
tabelog.com/tokyo/A1319/A131907/13064493/

在路邊攤的氣氛中享受各種烤肉串。巨大的雞肉丸是本店名物料理，可以加份目玉燒（日式煎蛋）放在雞肉丸上一起吃更加美味。
杉並區西荻南3-11-10
從西荻窪站步行1分鐘

Mensobo SAKURA 麵創房櫻

Ramen 拉麵

The most popular ramen *Umakara Tonkotsu* has a perfect touch of spiciness within the richness. It comes with a bowl of rice topped with seasoned ground meat.
3-10-9 Nishiogi-minami, Suginami-ku
2-minute walk from Nishi-Ogikubo Sta.
tabelog.com/tokyo/A1319/A131907/13025522/

最受歡迎的「旨辛豚骨」帶有絕妙的微辣感。最後一道免費提供的肉味噌飯，毫無疑問地令人大滿足！
杉並區西荻南3-10-9　從西荻窪站步行2分鐘

**Don't forget to visit nice cafes in Nishi-Ogikubo.
Some cafes and restaurants are still open after midnight, and welcome you after your round of drinking.**
西荻窪很棒的咖啡店也不容錯過。
喝完酒之後，深夜也能進入的店也有不少。

Food 食

Curry 咖哩

Local retort curry products from Koenji, Asagaya, and Ogikubo make great souvenirs.

在高圓寺、阿佐谷、荻窪誕生的當地名產咖哩料理包最適合當做伴手禮。

Psyche Delhi-san, an official character of Koenji Shotengai (shopping street) Association
高圓寺商店街連合會官方吉祥物Psyche Delhi

Psyche Delhi-san Curry (Koenji): With a gravy-beef-curry flavor, this curry has a hearty beef umami.

Available at Seven-Eleven Koenji-ekimae Shop, Communication and Cultural Shop (1F Lobby in Suginami City Office), and others

Psyche Delhi的咖哩(高圓寺): 濃稠肉汁的牛肉咖哩味。將牛肉的美味呈現得淋漓盡致。

販售店舖 7-ELEVEN高圓寺站前店 交流文化小舖(杉並區公所中棟1樓大廳內)等

Asagaya Bunshi Coffee Curry (Asagaya): The aromatic taste is enhanced by coffee used as a spice.

Available at Communication and Cultural Shop (1F Lobby in Suginami City Office) and La Maison Courtine

阿佐谷文士珈琲咖哩(阿佐谷): 用咖啡做為香料所呈現的香氣極高的美味。

販售店舖 交流文化小舖(杉並區公所中棟1樓大廳內)、La Maison Courtine

Ogikubo Meiten (Ogikubo): This Italian-style curry has sausages in a tomato-based sauce with perfect acidity and umami.

Available at Ogikubo Town Seven

荻窪名店(荻窪): 番茄的酸味與美味加上香腸香的正統義大利咖哩。

販售店舖 荻窪Town Seven

資料提供:すぎなみ学倶楽部

Cafes 喫茶店

Violon

Located at the end of Star Road Shotengai shopping street on the North Exit side, Violon is a place to enjoy good live music. Enjoy a unique atmosphere away from everyday life in this place filled with antique items.
2-9-5 Asagaya-kita, Suginami-ku
5-minute walk from Asagaya Sta.
meikyoku-kissa-violon.com/index.html

ENGLISH MENU

Violon

位於北口Star Road商店街尾端的名曲喫茶店。陳列著古董小裝飾品的店內，可以感受到不同於日常生活的特別空間。
杉並區阿佐谷北2-9-5
從阿佐谷站步行約5分鐘

*The menu in English of this shop is to be prepared at the end of March.
※本店預定於3月末添置英文菜單。

Coffee Lodge DANTE

This quaint cafe in a redbrick building serves many different kinds of coffee. It is the perfect spot to take a break from strolling around the town.
3-10-2 Nishiogi-minami, Suginami-ku
2-minute walk from Nishi-Ogikubo Sta.
tabelog.com/tokyo/A1319/A131907/13011831/

Lodge Dante 咖啡

紅磚瓦建造別有一番風趣的喫茶店。咖啡種類繁多，可以盡情享受。逛累了不妨來到這裡稍作休憩。
杉並區西荻南3-10-2
從西荻窪站步行約2分鐘

Haro-kun, a mascot of Nishi-Ogikubo Store Association
西荻窪商店會連合會吉祥物Hello君

JUHA

A small cafe that offers a perfect place to enjoy music and coffee. The adorable interior attracts many female visitors.
2-25-4 Nishiogi-minami, Suginami-ku
5-minute walk from Nishi-Ogikubo Sta.
juha-coffee.com/

JUHA

可同時品味音樂與咖啡的小咖啡店。店內的裝潢相當可愛，是女孩兒們喜愛的休憩場所。
杉並區西荻南2-25-4
從西荻窪站步行約5分鐘

Toraya Chinzan

Ogura Pancake with red bean paste is wonderful and can be eaten in the shop. *Oguri Manju* (steamed bun with chestnut paste) is a good souvenir.
1-33-5 Asagaya-minami, Suginami-ku
4-minute walk from Asagaya Sta.
www.toraya-chinzan.com/

ENGLISH MENU

Toraya 椿山

可在店內飲食區享用的小倉鬆餅是絕品。大栗饅頭作為伴手禮則是再合適不過了。
杉並區阿佐谷南1-33-5
從阿佐谷站步行4分鐘

*The menu in English of this shop is to be prepared at the end of March.
※本店預定於3月末添置英文菜單。

Usagiya

Usagiya's famous *dorayaki*, one of Asagaya's local specialty food items, consists of fluffy pancakes outside sandwiching juicy *anko* red-bean paste inside. *Usagi Manju* (steamed bun with red-bean paste) and seasonal Japanese sweets are also popular.
1-3-7 Asagaya-kita, Suginami-ku
3-minute walk from Asagaya Sta.
tabelog.com/tokyo/A1319/A131905/13000731/

Usagiya

名產的銅鑼燒皮軟綿綿，當中的餡料吃起來也很清爽。另外這裡也有賣兔子饅頭以及隨季節變化製作的和菓子。
杉並區阿佐谷北1-3-7
從阿佐谷站步行3分鐘

Wagashi (Japanese sweets) 和菓子

Namisuke, an official anime character of Suginami City
杉並區正式動畫人物Namisuke

Echigo Tsuruya

One of its specialty items, *Shiawase Ichigo Daifuku* (rice cake stuffed with fresh strawberry), has a perfect balance between the sweetness and the acidity.
3-38-20 Shoan, Suginami-ku
2-minute walk from Nishi-Ogikubo Sta.
omochiya.jp/

越後鶴屋

令人感到幸福的草莓大福餅，酸味與甜味的平衡是絕配。
杉並區松庵3-38-20
從西荻窪站步行2分鐘

For details including Open hours and Closed days, please see websites of each shop.

營業時間及公休日等詳細資訊請至各店鋪網站查詢。

Event
活動

The 8th Annual Koenji Bikkuri Daidogei 2016
第8屆高圓寺驚奇大道藝(街頭表演)

April 30 (Sat) – May 1 (Sun)

Eleven shotengai shopping streets in Koenji, the area in front of Za-Koenji Public Theater, the areas in front of the south and north exits of JR Koenji Sta., Koenji Kita Park, Koenji Chuo Park

Taking place at various places all over the Koenji area, a variety of wonderful performances by more than 40 groups from Japan and other countries entertain visitors.

4月30日(六)、5月1日(日)

高圓寺的11條商店街、座·高圓寺劇場前廣場、JR高圓寺南北車站前廣場、高圓寺北公園、高圓寺中央公園

以高圓寺的整個街道為舞台，集結國內外超過40組的表演者，展現精湛的技藝。

The 63rd Annual Asagaya Tanabata Matsuri Festival
第63屆阿佐谷七夕祭

The 1st week in August

Around JR Asagaya Sta. (including Asagaya Pearl Center and neighborhood shopping streets)

Huge paper decorations based on the year's trends and ideas are displayed all along the length of the arcaded shotengai shopping streets.

8月第1週

阿佐谷站周邊（阿佐谷珍珠中心及其它鄰近商店街）

將整條商店街佈置上當年度流行和創意滿點的紙糊裝飾。

The 10th Koenji Festival 2016
第10屆高圓寺節2016

October 29 (Sat) – 30 (Sun)

Around JR Koenji Sta.

During this huge autumn cultural festival, various events are held at the same time in the area. "Yuru-chara Matsuri Festival," where many *yuru-chara* (mascot characters) from all over Japan – including Psyche Delhi-san, the official character of Koenji Shotengai (shopping street) Association – give publicity to their respective local communities, is a must-see.

10月29日(六)、30日(日)

高圓寺站附近

是一項在此期間，同時舉辦眾多活動的秋天大型文化節。高圓寺商店街聯合會官方吉祥物「PSYCHE DELHI先生」也會出場的吉祥物節，更是值得一看！

The 60th Annual Tokyo Koenji Awa Odori Festival
第60屆東京高圓寺阿波舞大會

August 27 (Sat) – 28 (Sun)

Eight performance areas around JR Koenji Sta. and Subway Shin-Koenji Sta.

One of Tokyo's most famous summer features is boosted by the powerful dance of 10,000 dancers along with cheering from one million people. The year of the 2016 festival commemorates the 60th anniversary.

8月27日(六)、28日(日)

高圓寺站、新高圓寺站周邊的8個演舞場(舞蹈劇場)

1萬名舞者與100萬名民眾歡聲雷動，萌為代表東京夏日的風情畫。本年度是第60屆紀念大會。

Hello Nishiogi
哈囉西荻

May 28 (Sat) – 29 (Sun)

In front of Nishi-Ogikubo Sta. and the surrounding area

The events include a parade of "Manto Mikoshi" (a portable shrine surrounded by paper lanterns) and "Walking & Stamp Rally," which attracts all generations.

5月28日(六)、29日(日)

西荻窪站前及其附近一帶

舉辦「萬燈神轎」以及廣受大人、小孩喜愛的「健走&蓋章接力」等活動！

街を知り、歩みを知り、杉並の魅力再発見
すぎなみ学倶楽部

Suginamigaku Club
The official information site of Suginami City, introducing its history and culture.

杉並學俱樂部
杉並區官方資訊網站
介紹區內歷史及文化等等。

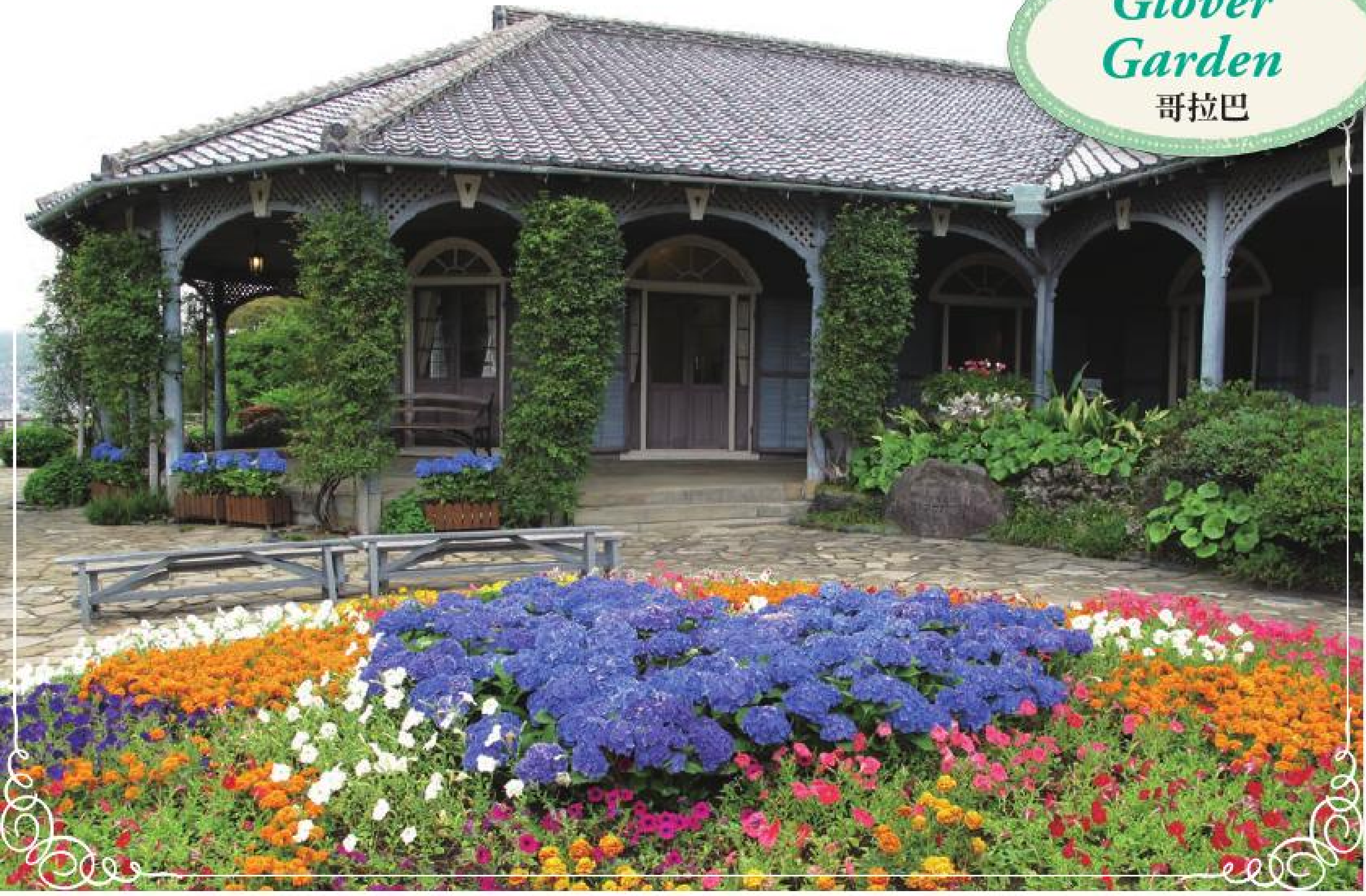
なみじゃない、杉並！
中央線あるあるPROJECT

EXPERIENCE SUGINAMI TOKYO
Information on Koenji, Asagaya, Ogikubo and Nishi-Ogikubo is provided in English.

杉並區，並不一般！
介紹高圓寺、阿佐谷、荻窪、西荻窪的英文網站。

長崎 Nagasaki, an area with a beautiful and exotic landscape
充滿異國情懷的美麗風景

Glover Garden
哥拉巴

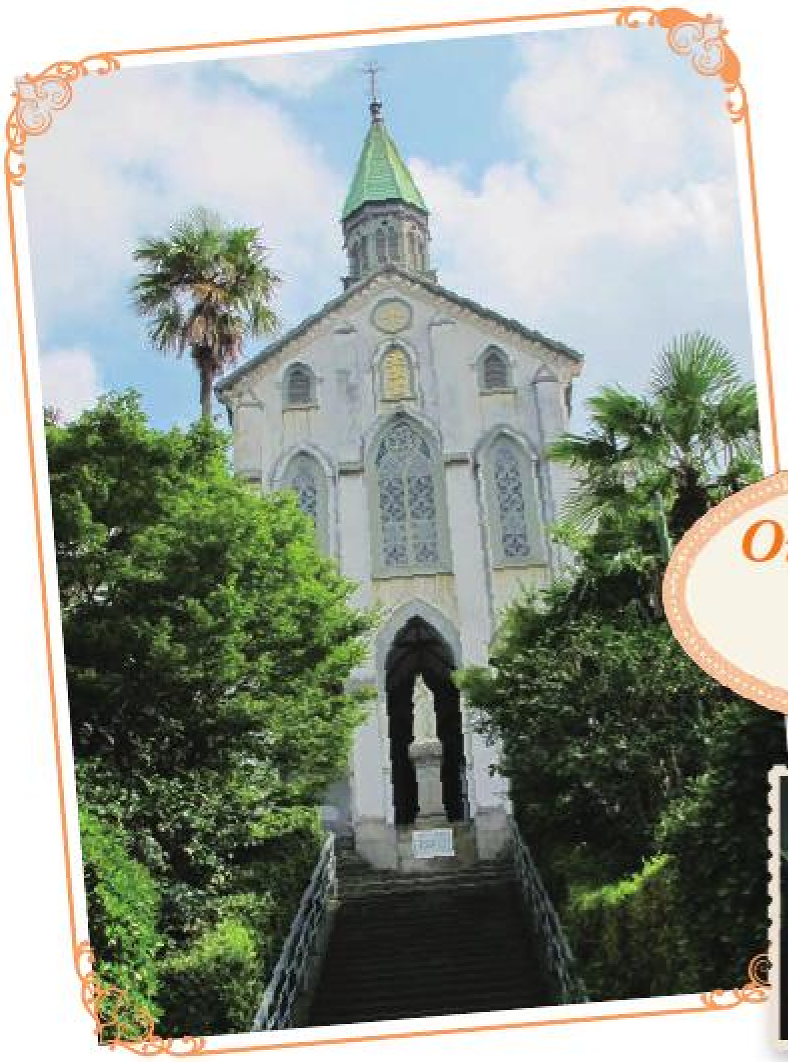


Thomas Blake Glover, who contributed to the modernization of Japan.
對日本近代化有所貢獻的托馬斯·布萊克·哥拉巴

It is said that finding a heart-shaped pavement stone is good luck.
若能找到心型的鋪路石就很幸運!?

The Glover Residence (World Cultural Heritage) is the oldest existing wooden Western-style building in Japan, where Thomas Blake Glover, a Scottish merchant who came to Japan in 1859, lived. Glover Garden – actually a park – has eight other kinds of Western-style structures. The beautiful garden is always filled with seasonal flowers, and visitors can enjoy a magnificent view overlooking Nagasaki Bay.
*Audio guide in foreign languages available (Japanese, English, Chinese, and Korean).

舊哥拉巴住宅（被列入世界文化遺產）是蘇格蘭商人哥拉巴1859年來日本居住的舊宅。這是日本現存最古老的木造西式建築。除此之外，還有8棟西式建築留存下來。園區的花朵四季會呈現不同的風情，亦可眺望長崎港，享受這美好的景色。
※這裡提供語音導覽（包括日文、英文、中文和韓文）



Oura Catholic Church
大浦天主堂

Taking and posting of photos is permitted by the archdiocese. 拍照及刊登均獲得大司教区的許可。

Since Nagasaki had a link with European countries, there were many people who secretly held to Christian faith. After the ban against Christianity was lifted, many churches were constructed, resulting in over 130 churches in Nagasaki Prefecture. Oura Catholic Church (National Treasure) is representative of the group of churches in Nagasaki. It is Japan's oldest existing church building, which was built by the efforts of two French priests in 1864.

與歐洲有往來的長崎地區，即使在基督教被禁止的時代，也有許多人偷偷地信仰著。在解除禁教令之後，建造了許多教堂，在長崎縣內現有超過130座教堂。

代表長崎教堂群的大浦天主堂（國寶）是1864年來日本的法國神父建造，被認定是日本現存最古老的教堂建築。

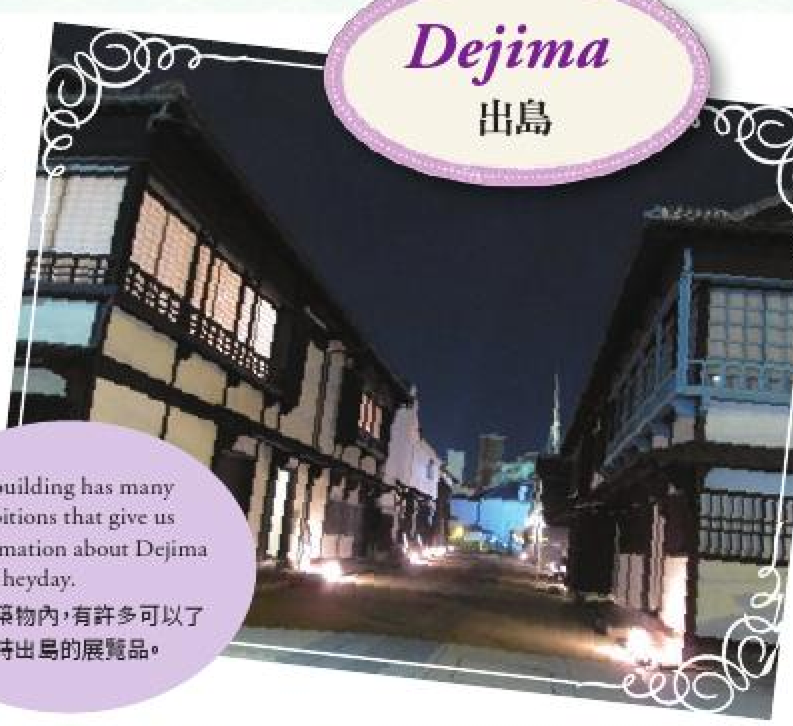
Nagasaki was the only place where trade with Holland was permitted during the Edo Period, from the 17th century to the mid-19th century, due to the national isolation policy. With that history, Nagasaki has a very unique landscape influenced by a fusion of European and East Asian cultures. Since the mid-19th century, the city has been a pioneer of modernization in both industry and thought in Japan. Several historic sites in Nagasaki have been registered on the list of UNESCO's World Cultural Heritage in 2015, as part of "Sites of Japan's Meiji Industrial Revolution."

17世紀到19世紀中期，長崎是日本在江戶時代唯一獲准與荷蘭進行貿易的地方。長崎的魅力在於，這種在其他地方看不到的，歐洲和東亞文化融合成獨特的文化景觀。19世紀中期起，長崎的許多產業和思想都走在時代的尖端，在2015年，多處的文化古蹟作為「明治日本的工業革命遺產」的一部分，被聯合國教科文組織世界遺產委員會登錄為世界文化遺產。

Dejima
出島

Dejima was the only place where direct trade with Holland was conducted for about 200 years during the period of isolation. The artificial island constructed in the mid-17th century is now part of the city area, connected by landfill. The streets have been restored to the original layout, allowing visitors to experience the atmosphere of by-gone days. The restoration of six buildings is scheduled to be completed by the autumn of 2016, and the restoration of Dejima Omotemon Bridge, which used to exist to connect the island and the mainland, will be completed in 2017, making this unique area more fun and attractive!

出島作為日本與荷蘭貿易的窗口大約兩百多年，是17世紀中期建造的人工島嶼，當時的出島所在地已經被填埋，呈現都市街道一體的景象。街道景色被復原，來此可以感受當時的生活風貌。預計於2016年秋季完成修復6棟建築物，並在2017年架設出島表門橋，增添新的景點。



The building has many exhibitions that give us information about Dejima in its heyday.
在建築物內，有許多可以了解當時出島的展覽品。

Nagasaki Shinchi Chinatown
長崎新地中華街

Nagasaki Lantern Festival 長崎燈籠節

Nagasaki Kunchi Festival
長崎宮日節

One of Japan's three biggest Chinatowns, along with those in Yokohama (Kanagawa Prefecture) and Kobe (Hyogo Prefecture), it is the oldest of all. The area is filled with Chinese restaurants and general shops.

Nagasaki Lantern Festival is held in Shinchi Chinatown and the surrounding area from January 1 to 15 in the traditional lunar calendar (around late January to mid-February in the modern solar calendar) every year. Over 15,000 Chinese lanterns are lit during the festival, creating a mesmerizing view.

Among other festivals, Nagasaki Kunchi Festival is unique by incorporating various international cultures, including Chinese culture. The annual festival, held from October 7 to 9 at Suwa-jinja Shrine, has more than 380 years of history and tradition. Its parade features powerful performances, such as a lion dance.

這是日本最早的中華街，與橫濱中華街、神戶中華街並列為日本三大中華街。街道兩旁林立著中國餐館與中國商品店。

每年農曆1月1號到15號，會以新地中華街為中心，舉辦「長崎燈籠節」。約有一萬五千個燈籠燈飾，呈現一片夢幻景象。

另外，在每年的10月7日到9日，於諏訪神社有舉辦，以中國風情為代表，國際色彩濃厚的「長崎宮日節」。在擁有超過380年歷史的傳統祭典上，可以觀賞激動人心的表演。

Peace Park
平和公園

As many should know, Nagasaki is the second place in Japan where the atomic bomb was dropped during WWII. The hypocenter area is now this peaceful park. The 9.7-meter-high symbol of the park, the Peace Statue, shows the threat of atomic weapons by the right hand and the wish for peace by the left hand, and prays for the souls of the victims of the bomb.

這裡是長崎在第二次大戰被投下原子彈的地方，原子彈落下地點的附近建蓋成了公園。高9.7公尺的平和祈念像，他的右手象徵原子彈爆炸的威脅，左手代表和平，臉部則是為戰爭犧牲者祈福之意。

Gourme Information

美食

You can enjoy exotic foods as well a sexotic culture in Nagasaki.

長崎的美食帶有外國風味！

Champon / Saraudon 什錦麵/皿烏龍

Champon was created as a cheap and nutritious dish by a Chinese person who came to Nagasaki; it comprises noodles in soup topped with various ingredients including seafood and vegetables. *Saraudon*, an offshoot of Champon, is crispy deep-fried thin noodles topped with various ingredients in a thick sauce in perfect harmony.

Shikairo This restaurant is the birthplace of Champon.

什錦麵，是遠渡到長崎的中國人思考出的，價格便宜且營養豐富的美食，在麵條和湯汁上面淋上許多什錦配料而成。而皿烏龍則是將什錦麵以不同方式呈現，勾芡創造出濃稠感，與酥脆的麵條非常協調。

四海樓 什錦麵的發源店。

Castella 長崎蛋糕

One of Nagasaki's most famous sweets came from Europe to Japan in the 16th century and then transformed into a unique Japanese-style sponge cake.

Fukusaya Established in 1624, Fukusaya has been making traditional *Castella* with its own made-by-hand process since its foundation.

16世紀從歐洲傳到這裡，再由日本人獨自改良精製，成為代表長崎的甜點。

福砂屋 1624年創立的老店，從創業的時候開始，堅持手工製作，傳承傳統的好味道。

Shippoku cuisine 卓袱料理

Many dishes based on Japanese cooking with hints of Chinese and Western cooking are placed on the table gorgeously.

Nagasaki Shippoku HAMAKATSU This restaurant offers a chance for even a single person to enjoy the full course *Shippoku*.

以日本料理為基礎，加入中國菜及西餐的元素，烹飪而成料理一盤盤一碟碟擺滿桌。

長崎卓袱 濱勝 一個人也可以放心用餐。

Toruko Rice 土耳其飯

You can enjoy pilaf, pork cutlet, and *Naporitan* (Japanese pasta with tomato-based sauce), all on one plate!

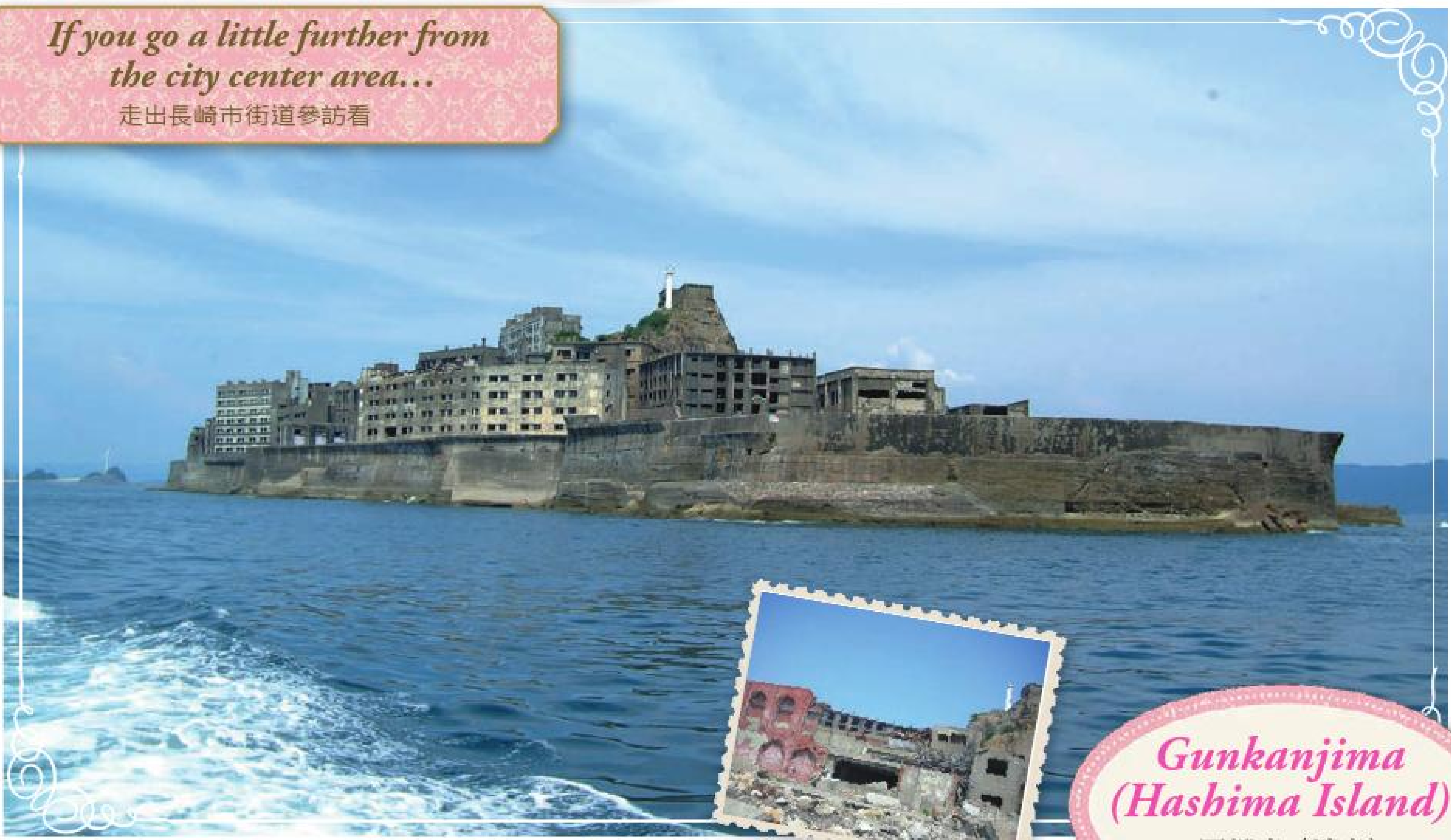
Café OLYMPIC This café is famous for serving gigantic parfaits over one meter tall, as well as various kinds of *Toruko Rice*.

將抓飯、日式豬排、拿坡里義大利麵等集結在同一盤裡！

奧林匹克CAFE 土耳其飯的種類非常豐富。店家的名產是高度超過1公尺的超大型代塔！

If you go a little further from the city center area...

走出長崎市街道參訪看

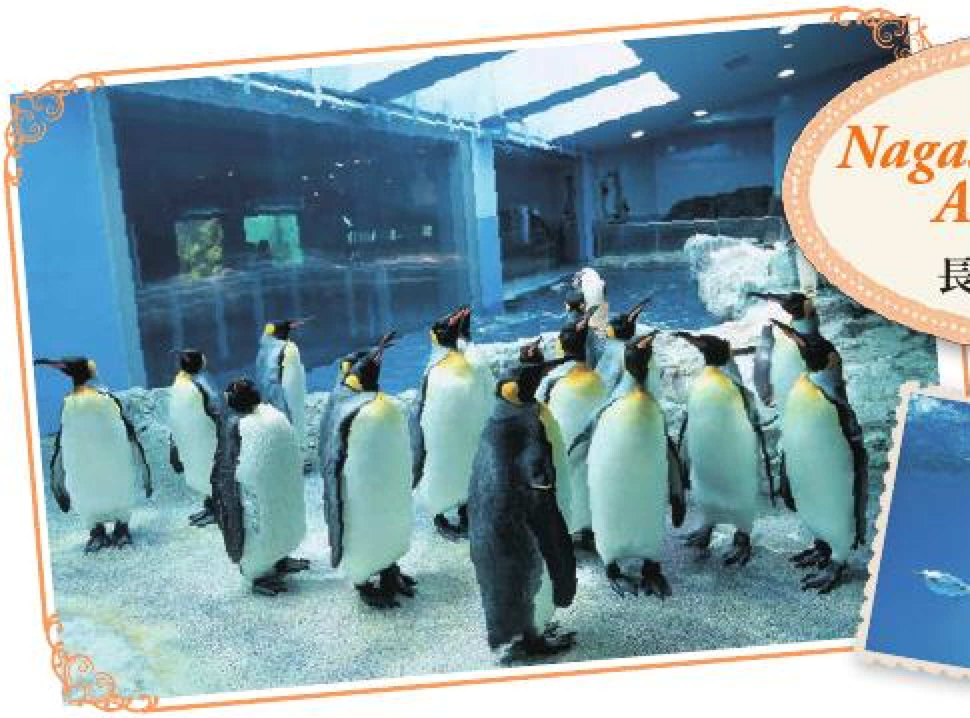


Gunkanjima (Hashima Island)

軍艦島（端島）

Currently standing in ruins, this island used to be very active with the development of its seabed coal mine until the mid-20th century. It has been registered as a World Heritage Site. With the view of its group of high-rise buildings, it is commonly called Gunkanjima (battleship island). It is a model of an isolated island that appeared in the movie "007 Skyfall." You can join a tour that lands on the island by taking a cruise boat from Nagasaki Port (Reservation required. The tour may be canceled due to unsuitable conditions such as bad weather).

現在雖為廢墟，但在20世紀中期之前，是因採集海底煤礦而興盛的島嶼，現被登錄為世界遺產。因如同高層公寓建築排列的外型，而被俗稱為「軍艦島」。這裡也是電影《007空降危機》舞台的原型地。從長崎港可以搭船出遊，參加登島參觀行程（需要事先預約，出現天氣不佳等情形時，可能停止出航）。



Nagasaki Penguin Aquarium
長崎企鵝水族館

You can see over 170 penguins of eight different species in this aquarium. The facility holds a “Fureai Penguin Beach” event, the world’s only event where people can see penguins swimming in part of the ocean next to the facility and come close to feed them. You can watch, touch, and fully enjoy your time with adorable penguins.

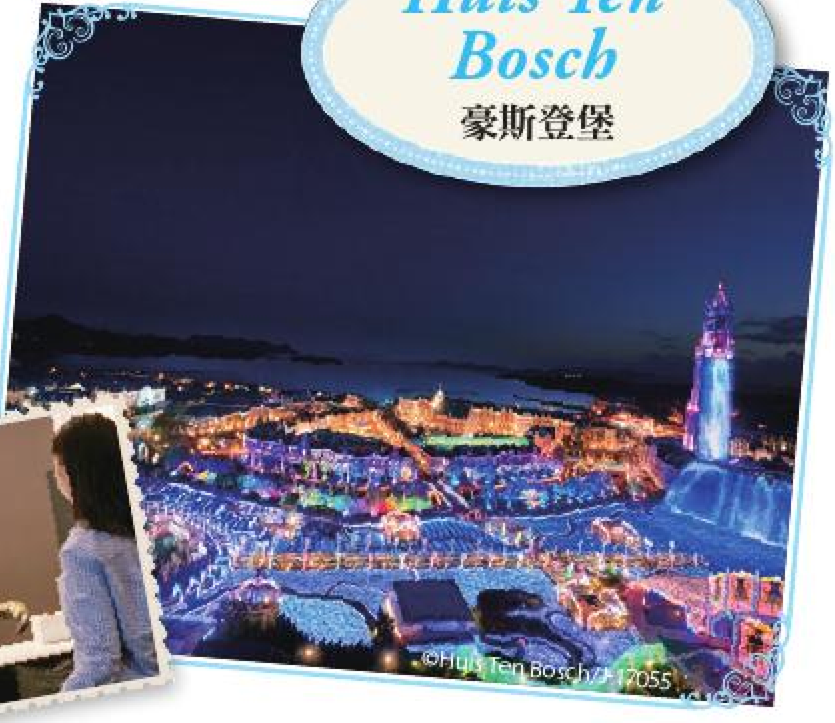
這裡生活著8種、數量超過170隻的企鵝。這裡不僅可以看到企鵝在自然的海域裡游泳的美姿，也是世界上第一個可以體驗企鵝餵食的「能與企鵝親密接觸的海灘」！可欣賞、觸摸、盡情感受可愛的企鵝喔。

Huis Ten Bosch
豪斯登堡

As one of Japan’s biggest theme parks, it recreates a Dutch town in Europe under the theme of flowers and nature. You can enjoy beautiful flowers and illuminations all year round. It is especially popular in winter, with a night event featuring a world-record 13 million light bulbs. It has hotels with excellent service and ample facilities. “Henna Hotel” (strange hotel) where all the main staff are robots opened in June, 2015, and has been attracting a lot of attention.

豪斯登堡是日本規模最大、模仿歐洲街道設立的，花朵與綠色植物的主題樂園。整年度皆有美麗的花卉和霓彩燈飾可供欣賞。特別是冬天的時候，舉辦世界最大規模的霓彩燈飾活動，點亮1300萬顆的光輝，非常受歡迎。

遊園住宿飯店設施完備。由機器人擔任主要服務人員的「怪異飯店」於2015年7月開業后深受矚目。



“Henna Hotel”
「怪異飯店」

Francisco de Xavier Memorial Church
平戶沙勿略紀念教會

Taking and posting of photos is permitted by the archdiocese.
拍照及刊登均獲得大司教区的許可。

Hirado
平戶

Hirado used to be home to Japan’s first international trade port with European countries. While it has a Western-style Dutch trading house and many churches, it also features Hirado Castle. The overlapping view of Western-style Francisco de Xavier Memorial Church and Japanese temples is very unique to this area. It is worth going a little further from Nagasaki City to visit Hirado.

平戶是日本最早和歐洲進行貿易的港口。不僅有許多西洋風格的荷蘭商館和教堂，也看得到日本城池一平戶城。平戶沙勿略紀念教會和寺院重疊的景象，只有在這片土地才看得到。從長崎市出發到這裡探訪看看吧！

Hirado Castle
平戶城

Port Hoorn Nagasaki 長崎荷恩港

A new theme park, Port Hoorn Nagasaki, will open in Saikai City in April, 2016. Enjoy strolling around streets of Holland.

2016年4月，「Pot Hoorn 長崎」（長崎荷恩港）於西海市開幕。這是一個可感受荷蘭風情的主題公園。

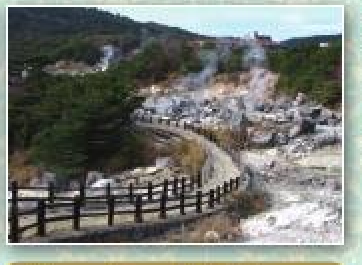
Nagasaki has many other things and places to see and visit!

長崎縣除了這裡提到的，還有許多可以觀光的地方！

Sasebo Burger
佐世保漢堡

Kujuku-shima Island
九十九島

Night View from Mount Inasa
從稻佐山眺望的夜景



Unzen Onsen Hot Springs
雲仙溫泉景

▶ For more info about Nagasaki, go to
www.visit-nagasaki.com

▶ 想知道更多長崎資訊請看這裡！
www.visit-nagasaki.com

Don Quijote Hamanomachi
唐吉訶德濱町店

在充滿異國風情的長崎邊感受著各種文化，邊想著給親戚及朋友的伴手禮該怎麼辦，還有他人託付購買的東西還沒買等等，在心底某處煩惱的您，請務必光臨唐吉訶德濱町店。

日本的零食、健康食品不用說，還有許多美容家電、化妝品、文具等受歡迎的商品。而且，價格也令人吃驚地便宜！

徒步即可抵達眼鏡橋、中華街等長崎市內觀光景點。品嚐過什錦麵及卓袱料理後，邊散步即可來店內採買伴手禮。本店也營業到深夜，欣賞完世界新三大夜景之一的長崎夜景後，也能輕鬆順道走進店裡看看。

After traveling around the exotic town of Nagasaki, if you still have not found the perfect souvenirs for your family and friends, come visit Don Quijote Hamanomachi.

You can find a variety of popular Japanese items, such as snacks, dietary supplements, home appliances for beauty, cosmetics, stationaries, etc., all at great prices.

There are many sightseeing spots in Nagasaki City, such as the spectacles bridge (Megane-bashi), and China town. After trying some of Nakasaki's local dishes, such as *sippoku ryori* (small dishes of Western, Chinese, and Japanese foods) and *champon* ramen noodles, you can go see the night view of the city, which is considered one of the most beautiful night views in the world. All the sightseeing spots in Nagasaki City are accessible by walking. The Don Quijote Hamanomachi is open late, so please stop by and visit after you have enjoyed the beauty of Nagasaki City.

Megane-bashi(Spectacles Bridge) 眼鏡橋

Streetcar 路面電車

A message from the store manager
店長的話

During your sightseeing in Nagasaki City, please stop by and visit our shop. We have a great selection of various products, all at great prices.
到長崎市內觀光時，請到店裡採買超值的優惠商品。

5 min walk from Megane-bashi and Shinchi Chinatown

Don Quijote Hamanomachi
唐吉訶德濱町店

Nishi-hamanomachi arcade-mae Sta.
西濱町arcade前站

Nagasaki Night View
長崎夜景

Kanko-Dori Sta.
觀光通站

Shinchi Chinatown 新地中華街

Champon
什錦麵

We have many items that will satisfy the needs of our overseas customers. If you're tight on time you can still find everything you want. We are a tax-free shop.

唐吉訶德濱町店為了來自國外的貴賓，店內都是精挑細選的商品，讓您在有限的旅行時間內快速取得想要的商品，能採買到毫不遲疑地覺得「就是這個了！」的商品。當然，也有免稅服務！

Yudanaka Onsen 湯田中溫泉

Yudanaka Onsen is one of hot spring areas that is located in Yamanouchi Town, Shimotakai-gun, Nagano Prefecture, and was discovered 1,350 years ago. There are many Japanese style inns, which have a peaceful and relaxing atmosphere.

湯田中溫泉發現於1350年前，為長野縣下高井郡山之內町中的溫泉勝地之一。

街上林立著許多閒適寧靜的和風旅館。

写真提供／長野県山／内町

① ② ③ ④

①There are many high quality hot springs in this area. (Kaede-no-yu bath room) ②There are many Japanese style inns. ③Shiga Kogen Highland and Lake Onumaike ④There is a momument inscribed with the haiku by Issa in front of the Ooyu.

①泉質優良的泉水四溢湧出（楓之湯） ②街上林立著許多閒適寧靜的和風旅館 ③志賀高原和大沼池 ④於大湯前有湯田中由來的小林一茶俳句的石碑。

Yudanaka Onsen is famous for its connection with Kobayashi Issa (1763-1827), who was one of the *haiku* poem masters during the Edo period. He loved this area and visited often.

According to historical records, the hot spring was found by a priest named Chiyu(智由). The hot spring water flows from the surface of the ground. This is a popular area for people who are looking to heal their bodies. There are many high quality hot springs in this area. It is considered that the name of the area, Yudanaka came from a haiku read by Issa when he was so impressed to see the many gushing hot springs.

Visitors can experience different hot spring waters in the districts of Yudanaka Onsen area since each district has their own source of hot spring water. The area does not share the same source of the hot spring water. Ooyu has been used as a public bath since the Yudanaka Onsen first opened. (*Now the bath is usually closed to the public.) Regarding the hotels / accommodations in the area, traditional Japanese inns and cozy family owned Japanese inns are scattered around.

"Yumeguri Tegata" (hot spring tour tickets) allow visitors to choose three hot spring bathes which belong to the Yudanaka Onsen tourist association. Visitors can also make purchases using the tour ticket at designated cafes and Japanese sweet stores. (For more information, please visit the Yudanaka Onsen tourist association's website.) Entrance fee / 600 yen for those who are staying with an affiliated hotel or Japanese inn, and 1,200 yen for a one-day visitor.

Yudanaka Shibu Onsen is a hot spring resort that has many hot spring areas and an ample supply of water. Yudanaka Onsen is one of the hot spring resort areas. Nearby Yudanaka Onsen, there are the Shiga Kogen and Kita Shiga Kogen Highlands, which hold some of Japan's most exquisite nature.

湯田中溫泉是與江戶時代代表性俳句詩人小林一茶(1763年～1872年)淵源匪淺的著名溫泉名勝。

根據文獻指出，這裡是由僧侶智由於1350年前所發現。也因為溫泉湧出口接近地表，自古以來便是治癒眾人的溫泉勝地。傳言，「湯田中」這個地名來自於一茶見到街中到處有溫泉，泉質優良的泉水四溢湧出的情景、心有所感而寫下的記事。

各個地區皆有溫泉湧出，而非同一溫泉分流各處，因此可以享受到許多不同的溫泉。大湯是湯田中溫泉發現以來的共同浴池。(※原則上不對一般旅客開放。)住宿設施也是點綴於溫泉街中風情萬種的和風旅館，或是家族經營、保留了傳統的小規模旅館。

「溫泉巡禮票券」除了可使用於3間湯田中溫泉觀光協會加盟旅館的浴池之外，也可使用於咖啡廳、日式饅頭點心鋪等商店。(詳情請參閱湯田中溫泉觀光協會官網。)入浴費／加盟設施住宿者：600日圓、當天往返者：1,200日圓。

湯田中溫泉鄰近自然景觀於日本數一數二的志賀高原及北志賀高原，作為泉水豐富的湯田中澀溫泉勝地之一，廣為人知。

Access

Tokyo Station → 1 h 25 min (fastest) by Hokuriku Shinkansen → Nagano Station → 45 min by the limited train of Nagano Dentetsu Line → Yudanaka Station

*Access time is approximated and may change depending on traffic and other conditions.

交通

東京站→搭乘北陸新幹線1小時25分鐘（最快）→長野站→長野電鐵長野線 特急45分鐘→湯田中站

※所需時間僅供參考。可能因當下的交通狀況有所變動。

More Info 詳細資訊

Yamanouchi Town Tourist Association / 山之內町觀光連盟
http://www.info-yamanouchi.net/
TEL 0269-33-2138 FAX 0269-33-4655

Yumeguri Tegata
溫泉巡禮票券

From Editor 編者語

The world famous Jigokudani Monkey Park, where you can see wild monkeys bathing is accessible from the Yudanaka Onsen area. To get to the park from Yudanaka Onsen, take a bus from the Yudanaka Station to the Kanbayashi Onsen and walk approximately 30 minutes.

也可從這裡前往有野生猿猴泡溫泉的世界著名「地獄谷野猿公苑」。若從湯田中溫泉出發，可自湯田中站搭乘巴士於上林溫泉下車，再徒步走約30分鐘。

JR EAST PASS Two Areas, Twice the Fun!

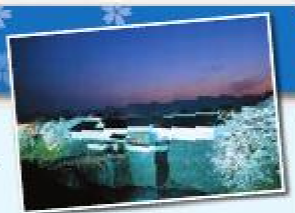
JR東日本鐵路周遊券 兩個區域，雙重樂趣！

With our new promotion, the pass is now available in the "Tohoku area" or "Nagano, Niigata area" of your choice, from April 1, 2016. Why not take the journey to enjoy the true enchantment of spring? The recommended spots for cherry blossom viewing until mid-April to early May!
*The above period may change depending on the actual timing of the blossoming.

2016年4月1日起，JR東日本鐵路周遊券將分為「東北地區」與「長野、新潟地區」兩款重新登場。您要不要來場遠地之旅，盡情享受美好的春天呢？最適合於4月中旬～5月上旬暢遊的賞櫻推薦景點！ ※依據開花狀況，不一定與最適賞花期吻合。

❶Kajo Park 霞城公園 ❷Yamataka Jindai Zakura 山高神代櫻

Tohoku area 「東北地區」



Both passes for "Tohoku area" and "Nagano, Niigata area" are available for D.
此處使用「東北地區」或「長野、新潟地區」周遊券均可。

A Kajo Park Yamagata City, Yamagata

Best to visit : Mid-late April

A total of 1,500 cherry trees in full blossom at the ruins of the Yamagata Castle. Visit at night to experience illuminated trees along the moats. A Grand Tea Ceremony and other events add to the delights during the peak of full blossom.

Access About 15 minutes walk from JR Yamagata Sta.

霞城公園 山形縣山形市 賞花期：4月中旬～下旬

以山形城遺跡中的1500棵櫻樹聞名。晚間照明燦爛輝煌，城濠沿岸的櫻花尤其動人。還有配合滿開期間，舉行的大茶會，可享抹茶之美味。

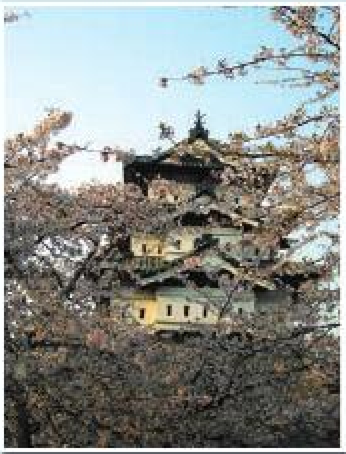
交通資訊 從JR山形站步行約15分鐘

B Hirosaki Park Hirosaki City, Aomori

Best to visit : Late-April to early-May

More than 300 *somei-yoshino* (Prunus yedoensis) trees over a hundred years old are known for Japan's most magnificent cherry blossoms. You can celebrate and enjoy the gorgeous blossoms during the daytime at the picnic space.

Access About 15 minutes by bus from JR Hirosaki Sta. 4-minute walk from the bus stop



弘前公園 青森縣弘前市 賞花期：4月下旬～5月上旬

擁有300棵以上樹齡超過百年的染井吉野櫻，被稱為日本第一的櫻花。也可在野餐廣場，享受櫻花於白日的風采。

交通資訊 從JR弘前站步行約15分鐘 距巴士站步行4分鐘

C Kitakami Tenshochi Kitakami City, Iwate

Best to visit : Mid-April to early-May

The Tenshochi Park is Tohoku's foremost location to enjoy the extravagant cherry blossoms of about 10,000 trees. The view of the blossoms and touristic horse carriages provide the perfect moment for taking photos. Boats cruising on the Kitakami River and the sight of *koinobori* (carp-shaped windsocks) in the sky above the river are also great attractions during the cherry blossom festival.

Access About 20 minutes walk from JR Kitakami Sta.

北上展勝地 岩手縣北上市 賞花期：4月中旬～5月上旬

展勝地公園內有約1萬棵櫻樹，為東北屈指可數的賞櫻名勝。觀光馬車行走於櫻樹林間的景象，讓人不禁按下快門。櫻花祭期間，可看見鯉魚旗飄揚於北上川上空，遊覽船也會開航行駛。

交通資訊 從JR北上站步行約20分鐘

D Yamataka Jindai Zakura Hokuto City, Yamanashi

Best to visit : Early April

A spectacular view of cherry blossoms with one of Japan's oldest and largest *Edo-higan-sakura* (Prunus pendula) cherry trees, designated as a Special Natural Monument of Japan. Enjoy local cuisine at the pop-up food stalls during the peak of the blossoms.

Access About 15 minutes by taxi from JR Hinoharu Sta.

山高神代櫻 山梨縣北杜市 賞花期：4月上旬

日本三大櫻之一，為國家指定天然紀念物。這棵日本最古老、規模最大的江戶彼岸櫻之風采是必賞絕景。滿開時期，店鋪熱鬧開張，讓您盡享當地的風土美味。

交通資訊 從JR日野春站搭乘計程車約15分鐘

About "JR EAST PASS (Tohoku area)" 「JR東日本鐵路周遊券（東北地區）」簡介

- Availability: April 1, 2016 through the year - Validity: Flexible for 5 days - Prices: From overseas: Adult 19,000 yen, Child 9,500 yen / Within Japan: Adult 20,000 yen, Child 10,000 yen - Purchase at: - JR EAST Travel Service Center (Tokyo, Shinjuku, Haneda Airport International Terminal, Narita Airport Terminal 1, Narita Airport Terminal 2·3) - Stations (Narita Airport Terminal 1, Narita Airport Terminal 2·3) - Travel Service Centers (View Plaza) (Shinagawa, Shibuya, Ikebukuro, Ueno, Yokohama, Mito, Fukushima, Sendai, Yamagata, Morioka, Hachinohe, Shin-Aomori and Akita)

http://www.jreast.co.jp/e/eastpass_t/

【使用期間】2016年4月1日起全年可使用 【有效期間】自發行日起14天內任選5天 【發售價格】日本國外購買，大人19,000日圓、兒童9,500日圓／日本國內購買，大人20,000日圓、兒童10,000日圓 【發售地點】・JR東日本旅行服務中心（東京、新宿、羽田機場國際線大樓、成田機場第一候機樓、成田機場第二·第三候機樓） ・車站（成田機場第一候機樓、成田機場第二·第三候機樓） ・旅行服務中心（View Plaza）（品川、澀谷、池袋、上野、橫濱、水戶、福島、仙台、山形、盛岡、八戶、新青森、秋田）

http://www.jreast.co.jp/tc/eastpass_t/

※ Purchasing locations may be subject to change. Information on pp. 14-15 is dated February 2016. ※發售地點可能會有所變化。這裡刊登的是2016年2月現在的信息。

Nagano, Niigata area 「長野、新潟地區」

E Joyama Park Nagano City, Nagano

Best to visit : Mid-late April

"The cherry blossom tearoom" opening every April offers delicious food and drink. Enjoy the blossoms from a warm and cozy room instead of the cold outside. Located atop a hill, the park is also worth visiting at night to have a view of the nighttime panorama of Nagano.

Access About 10 minutes by bus from JR Nagano Sta.

城山公園 長野縣長野市 賞花期：4月中旬～下旬

在每年4月開張營業的「賞花茶屋」，品嚐料理、小酌一番。在溫暖的小屋即可欣賞到櫻花，無須費心禦寒。此處位處高地，夜景也不容錯過。

交通資訊 從JR長野站搭乘巴士約10分鐘

F Matsumoto Castle, a National Treasure Matsumoto City, Nagano

Best to visit : Mid-April

The dark castle and the bright cherry blossoms create a beautiful contrast. At night, the illuminated line of cherry trees forms a sparkling corridor along the outer moats. The "Cherry Blossom Night Concert" offers Japanese classical music performances with tea ceremony, *gagaku* (classical court music), *flute* and *sankyoku* (chamber music with an instrumental trio).

Access About 15 minutes walk from JR Matsumoto Sta.

國寶 松本城 長野縣松本市 賞花期：4月中旬

塗著黑漆的天守閣與瑰麗繽紛的櫻花，形成美妙的對比。晚間，外濠沿岸整排的櫻樹，在照明中形成一道光之迴廊。還可在「夜櫻會」中，茶會、欣賞到雅樂、橫笛、三弦、日本箏、胡弓的演奏。

交通資訊 從JR松本站步行約15分鐘

G Yukyuzan Park Nagaoka City, Niigata

Best to visit : Mid-late April

Around 2,500 cherry trees in full bloom color the entire park in lovely pink. Take a leisurely stroll in the spacious park and also enjoy the night view of illuminated cherry blossoms.

Access About 15 minutes by bus from JR Nagaoka Sta.

悠久山公園 新潟縣長岡市 賞花期：4月中旬～下旬

以境內2500棵櫻樹廣受好評，整座公園是一片粉紅色的花海，非常適合在寬廣的園區內散步。晚間也可欣賞到照明中的夜櫻。

交通資訊 從JR長岡站搭乘巴士約15分鐘

H Takada Park Joetsu City, Niigata

Best to visit : Early-mid April

Don't miss one of Japan's greatest night views of cherry blossoms. About 3,000 pretty lanterns decorate the blooms at night. There is a wide range of events celebrating the season during the "Takada Castle Cherry Blossom Viewing for One Million People."

Access About 20 minutes walk from Takada Sta. on the EchigoTOKImeki Railway Line

高田公園 新潟縣上越市 賞花期：4月上旬～中旬

日本三大夜櫻之一。約莫3000盞紗燈照射下的夜櫻是此處的必賞絕景。在高田城百萬人觀櫻會期間，還將舉辦各式各樣的活動。

交通資訊 從越後TOKImeki鐵道高田站步行約20分鐘

About "JR EAST PASS (Nagano, Niigata area)"「JR東日本鐵路周遊券（長野、新潟地區）」簡介

- Availability: April 1, 2016 through the year - Validity: Flexible for 5 days - Prices: From overseas: Adult 17,000 yen, Child 8,500 yen / Within Japan: Adult 18,000 yen, Child 9,000 yen - Purchase at: - JR. EAST Travel Service Center (Tokyo, Shinjuku, Haneda Airport International Terminal, Narita Airport Terminal 1, Narita Airport Terminal 2･3) - Stations (Narita Airport Terminal 1, Narita Airport Terminal 2･3) - Travel Service Centers (View Plaza) (Shinagawa, Shibuya, Ikebukuro, Ueno, Yokohama, Mito, Niigata and Nagano)

http://www.jreast.co.jp/e/eastpass_n/

【使用期間】2016年4月1日起全年可使用 【有效期間】自發行日起14天內任選5天 【發售價格】日本國外購買，大人17,000日圓、兒童8,500日圓／日本國內購買，大人18,000日圓、兒童9,000日圓 【發售地點】‧JR東日本旅行服務中心（東京、新宿、羽田機場國際線大樓、成田機場第一候機樓、成田機場第二･第三候機樓） ‧車站（成田機場第一候機樓、成田機場第二･第三候機樓） ‧旅行服務中心（View Plaza）（品川、澀谷、池袋、上野、橫濱、水戶、新潟、長野）

http://www.jreast.co.jp/tc/eastpass_n/

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Don't miss out! JR East-South Hokkaido Rail Pass 還有JR東日本・南北海道鐵路周遊券也不容錯過！

From Tokyo to Hokkaido, an excursion pass covering a broad area of Japan available from April 1

New! JR East-South Hokkaido Rail Pass is available with the launch of the Hokkaido Shinkansen bullet train in March 2016. In addition to the JR EAST PASS (Tohoku area), this pass covers the southern Hokkaido area. This allows you to travel through Tokyo to Tohoku to Hakodate to Sapporo all at once, a magical ticket to enjoy Japan to your heart's content!

這款能夠從東京到北海道的廣域周遊券4月1日起即可使用。

配合2016年3月開通的北海道新幹線，「JR東日本・南北海道鐵路周遊券」全新登場。除了JR東日本鐵路周遊券(東北地區)的使用範圍之外，在南北海道地區也可使用。您可從東京～東北～函館到札幌，快來盡情暢遊日本吧！

HOKKAIDO SHINKANSEN

About "JR East-South Hokkaido Rail Pass"「JR東日本・南北海道鐵路周遊券」簡介

- Availability: April 1, 2016 through the year - Validity: Flexible for 6 days - Prices: From overseas: Adult (above 12 year-old) 26,000 yen, Child (6-11 year-old) 13,000 yen / Within Japan: Adult (above 12 year-old) 27,000 yen, Child (6-11 year-old) 13,500 yen - For purchase location, see our website

http://www.jreasthokkaido.com/e/

【使用期間】2016年4月1日起全年可使用 【有效期間】自發行日起14天內任選6天 【發售價格】日本國外購買，大人（12歲以上）26,000日圓、兒童（6歲～11歲）13,000日圓／日本國內購買，大人（12歲以上）27,000日圓、兒童（6歲～11歲）13,500日圓 【發售地點】詳情請查看網站。

http://www.jreasthokkaido.com/tc/

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1. Prices are based on 1 adult staying 1 night with 2 meals. Prices may vary depending on room types, the number of persons in a room, cuisine, and other variables. We recommend confirming prices when you book any accommodation. Where meals are not included in the standard rate, this is noted in the explanation of the accommodation.

2. After booking by phone, we recommend confirming your reservation by fax or email

3. Cancellation fees may be charged if you cancel a reservation. Please confirm the accommodation's cancellation fees and regulations in advance.

4. If you suffer from allergies or have food preferences, please inform the staff when you are booking your accommodation so that they can make preparations for your convenience.

Icon Legend

- Credit cards accepted
- Internet available
- Onsen (hot springs)
- Open-air bath
- Private bath
- Guest room with bath and toilet
- Washlets (bidet-style toilets)
- Eating in guest rooms allowed
- Complimentary shuttle service
- Karaoke
- Picturesque scenery
- Rooms for single persons

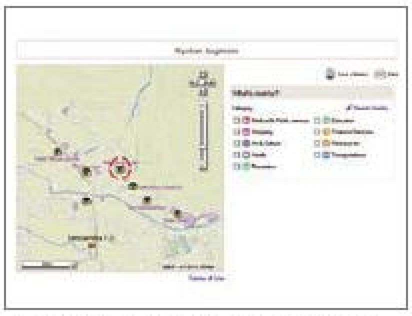
Access to ▶▶▶

http://www.japan-ryokan.net/

How to search ryokan & hotels

1. Access to japan-ryokan.net

2. Check the data of each inn



3. Very convenient English map

4. Access with your smartphone

Ryokan & hotels

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花巻温泉 佳松園

Lingering memories from Kashoen

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From Tohoku Shinkansen's Shin-Hanamaki Sta.: About 20 min by car. (Free of charge shuttle bus available; reservation required). Or from Tohoku Line's Hanamaki Airport Sta.: about 10 min by car.
Check in 15:00~ / Check out ~11:00 ¥26,000~ (per person per night with 2 meals, tax excluded)
1-125-2 Yumoto, Hanamaki City, Iwate **0198-37-2111**
kashoen@hanamakionsen.co.jp

http://www.hanamakionsen.co.jp/kashoen/

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旅館すぎもと

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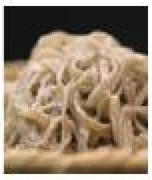
Enjoy our proud concoction of original dishes such as "Shinshu Beef cooked on a hot stone" that goes well with local sake. Soak in a historical open-air bath which the Imperial family in the 8th century shared and so loved.



From Chuo Line Matsumoto Station: 15 min by taxi / 20 min by bus
Check in 14:00~ / Check out ~11:00 ¥15,750~31,500
451-7 Satoyamabe, Matsumoto City, Nagano
0263-32-3379 **0263-33-5830**

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NISHIYAMA RYOKAN — KYOTO

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Check in 16:00~ / Check out ~10:00
¥10,000~ (per person; 1 night stay without meals; tax included;)

From Kyoto Sta.: 15 min by subway to the nearest station (Kyoto-shiyakusho-mae on Tozai Line). From No.10 Exit: walk 2 blocks to the north on Gokomachi St.
Nijosagaru, Gokomachi-dori, Nakagyo-ku, Kyoto City, Kyoto
075-222-1166 **075-231-3558**

http://www.ryokan-kyoto.com/

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2. From Nanki-Shirahama Airport: 10 minutes by taxi.
Check in 14:00~ / Check out ~11:00
¥16,000~35,000 (Tax included, per person per night with 2 meals) 3212-1 Shirahama-cho, Nishimuro-gun, Wakayama Pref.
0739-43-6000 **0739-43-5805**

http://www.coganoi.jp/

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青山やまと

ITO

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Check in 14:00~ / Check out ~11:00 ¥26,070~ (per person per night with 2 meals / 2 guests in 1 room / Service charge & tax included)
203 Oka, Ito City, Shizuoka **0557-37-3108** **seizan@yamatokan.co.jp**

http://www.seizanyamato.jp/en/

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下田大和館

SHIMODA

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¥7,480~31,650 (there is a seasonal special rate)
2048 Kisami, Shimoda City, Shizuoka
0558-22-1000
mail@shimoda-yamatokan.co.jp

http://www.shimoda-yamatokan.co.jp/

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¥12,030~15,270 (tax included) 333-1 Tamukai, Nanto City, Toyama Prefecture **0763-66-2316**
0763-66-2717 **gksanso@p2.tst.ne.jp**

http://www.gokasansou.com/english/

Gero Onsen Yunoshimakan
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GERO

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From Nagoya: take JR Takayama Line train "Wide View Hida," get off at Gero-Onsen Station. Free pick-up service from the station is provided.
Check in 14:00~ / Check out ~11:00 ¥19,500~
645 Yunoshima, Gero City, Gifu
0576-25-3131 **0576-24-1882**

http://www.yunoshimakan.co.jp/english/

Gion HATANAKA
祇園 畑中

KYOTO

Silence in the city, tranquil atmosphere, Gion HATANAKA

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From Keihan Shijo Sta.: 10 min on foot. / From Hankyu Kawaramachi Sta.: 10 min on foot. / From JR Kyoto Sta.: 15 min by car.
Check in 14:00~ / Check out ~11:00 ¥20,000~ (tax excluded)
Yasaka Shrine Minamimonmae, Gion, Higashiyama-ku, Kyoto City, Kyoto **075-541-5315** **075-551-0553**

http://www.thehatanaka.co.jp/english/

Ryokan Motonago
旅館 元奈古

KYOTO

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1. From Kyoto Sta.: 15 min by taxi.
2. From Kyoto Sta. Central Exit bus stop D2: take #206 bus, From Gion stop: 5 min on foot.

Check in 16:00~ / Check out ~10:00
¥15,750~22,050
511 Washio-cho, Kodaiji-michi, Higashiyama-ku, Kyoto City, Kyoto
075-561-2087 **075-561-2655**

http://www.motonago.com/en/top.html

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Route1 Limited Express "Kusatsu" Bus
Ueno ··· 2 h 30 min ··· Naganohara-Kusatsuguchi Station ··· 25 min ··· Kusatsu Onsen

Route2 Shinkansen Bus
Tokyo ··· 1 h 2 min ~ ··· Karuizawa ··· 1 h 16 min ~ 55 min ··· Kusatsu Onsen

Route3 JR Expressway Bus Joshu Yumeguri-go
Shinjuku ··· Kusatsu Onsen about 4 h

http://www.kusatsu-onsen.ne.jp/

Ryokan & hotels

Sunset in Aguni Island
粟國島的夕陽

Isolated Islands of Okinawa Vol.2
by Ayumi (att.JAPAN editorial staff)
沖繩離島系列2 by 小編 Ayumi

Do you remember the last time you saw a beautiful sunset? Do you have favorite places to see the sunset? There are many places famous for the sunset in Japan and Aguni Island in Okinawa is among them.

您最近一次欣賞到美麗夕陽的風光，是在哪里呢？又是在什麼時候呢？您是否有喜歡的觀賞日落的景點呢？在日本，雖然能欣賞到夕陽美景無限好的景點不勝枚舉，但對我而言，沖繩粟國島的夕陽餘暉，才是讓我無法忘懷的夕陽景色之一。

Street lined with fukugi trees (common garcinia)
福木大道

Ugu beach U-gu之濱

As the sun is setting over the sea horizon, the sky glows orange; the only sound is a quiet wave sound. Finally, the sun sets between distant Tonaki and Kume islands, and the sky and ocean start to darken. The symphony created by nature continues for about 30 minutes. This for me was a time that I enjoyed a comforting feeling from the beauty of nature.

Aguni Island is a small island with a 12-km circumference about 60 km northwest of Okinawa's main island. It is a place where the movie "Nabbie's Love" was filmed and also famous for its natural salt "Aguni salt." Tera is a limestone cave and considered to be a sacred place. Visiting a salt factory, walking along the beach, and touring around the island are enjoyable during daytime. You may see wild goats when strolling. If you want a healing and peaceful time, Aguni Island is a place where you should visit.

For a movie of the sunset, go to
欣賞夕陽動畫請掃描這裡

The sun is setting between Kume and Tonaki islands.
落在久米島及渡名喜島之間的夕陽

當日暮低垂沒入天際，橘紅色的紅霞緩緩地暈染於天空。波浪拍打聲響徹於靜謐之中，夕陽落在遙遠的渡名喜島及久米島之間，深藍色的薄暮蔓延至天空與大海上。我一直眺望欣賞著長達30分鐘左右。那是一段被大自然之美，深深療癒心靈的珍貴時刻。

漂浮於沖繩本島北西側約60公里處的粟國島，是一座海岸線約為12公里的小島。電影「Nabbie之戀」就是在這座島嶼拍攝的。天然鹽的「粟國之鹽」相當聞名。洞寺（Tera）為鍾乳洞，是一處神聖的地方。建議您不妨於白天參觀鹽廠、在海邊散步、逛逛小島享受一番。在您散步途中，或許能突然偶遇野生山羊也說不一定。這是一處充滿療癒感、悠閒簡樸氣氛的島嶼。

You can experience dyeing using fukugi and other plants at Fukugiya. Views from the studio are outstanding.
您可在福木屋中，體驗使用福木等草木植物來染色。從工坊眺望出去的景色也相當宜人。

Natural drying room using bamboos at the salt factory
鹽廠、使用竹子的天然乾燥室。

Nabbie's house with red tile roofs Nabbie的住家。還留有紅磚屋簷。

Access / 交通

Naha Tomari Port (Okinawa's main island) → 2 h by ferry→Aguni Port
*First Flying (plane) is not temporarily operated.
從沖繩本島 那霸泊港搭乘渡輪兩小時
※第一航空（螺旋槳機）目前停飛

More info / 詳細資訊

Aguni Village Tourism Association
粟國村觀光協會
http://aguni-kankou.jp/

Tempura Bento

Tempura Boxed Lunch
天ぷら弁当

Bento with crispy tempura is very delicious!

When foam becomes small, moisture gets reduced. Take from the pan when the batter becomes brown.

Ingredients (for 1 person)

Tempura Batter
Flour mixture (A)*
150 g wheat flour
(Weak flour is recommended)
50 g cornstarch
Water mixture (B)*
100 ml iced water
50 ml beer**
1 egg (150 g)
Salt to taste
1 tbsp mayonnaise
*A to B ratio = 1:1
**Use water in place of sake for an alcohol-free alternative.
Oil

Fish and Vegetables
Eggplant
Shrimp
Freshwater smelt
Shiitake mushrooms
Fresh green (chili) pepper
Asparagus
Tempura Sauce (C)
150 ml soup broth
(or powdered broth in water)
2 tbsp (30 ml) soy sauce
1 tbsp (15 ml) mirin
1 tbsp (15 ml) sake
1 tsp (5 ml) sugar
Rice

Cooking Directions

1. **Tempura batter** Mix the flour and cornstarch (A) in a bowl. Stir the chilled water with the beer and egg, and then add the mayonnaise. Slowly pour (B) into the flour mixture (A) and whisk gently without creating a heavy foam. Do not over-whisk as this causes the gluten in the flour to harden.
2. **Preparing the ingredients** Peel the outer shell off the shrimp, and a shallow cut along the back of the body and remove the innards. On the underside, make shallow, angled cuts along the body. Lightly press down the joints to create long, flat shrimp meat pieces. Cut the eggplant, mushrooms and asparagus into bite-size pieces. Poke a small hole in the green chili pepper.
3. **Tempura sauce** Place ingredients (C) in a pan and bring to a boil.
4. **Deep-frying** Prepare vegetable oil for deep-frying. Add 10% sesame oil to improve the flavor (optional). Heat the oil until it reaches between 180 degrees C and 190 degrees C. Coat the ingredients (2) using the flour mixture and shake off any excess. Dip them one by one into the batter (1) and deep fry in the hot oil. Fry the fish and shrimp first and the vegetables last. Ingredients that require longer to cook should be fried first. Do not crowd the frying pan.
5. **Decorating the bento** Pack the rice in the bento box, decoratively add the tempura on top, drizzle with sauce (3), and serve.

Japanese Liquid Measures:
1 cup = 200 ml = 6.76 fl oz
1 tablespoon = 15 ml = 0.5 fl oz
1 teaspoon = 5 ml = 0.16 fl oz

high heat / medium heat / low heat

Chef's Advice

Adding beer is to reduce gluten, and adding ice is to reduce gluten and make the batter thin.
Roughly whisking is the key for making delicious tempura.
Slowly deep-frying makes thea tempura crispy.
Reducing moisture in the ingredients is important.

Qu'il Nous Tente

Tel: 03-6303-3796
Ad: 2-18-12 Kami-Meguro, Meguro-ku, Tokyo

For the detailed directions, see
http://www.att-japan.net/en/recipe/dish?code=EK000047

Would you like to join our att.Kitchen? ↑

If you want to know details of restaurants in these pages,

想知道更多刊登的餐廳詳情

1 Scan QR code of each restaurant with your phone.

用手機掃描各店鋪的 QR 碼

2 Access each restaurant's site.

進入詳細介紹餐廳的頁面

3 Easily go there using the English map!

請參考地圖前往

att. Restaurant

If you don't have QR code app, you can download for free.

若您沒有安裝 QR 碼掃描軟體，可以免費下載喔！

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www.att-japan.net/en/restaurant/

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1 minute walk from Exit 8
Asakusa Station (Tokyo Metro Ginza Line)

http://www.ichiran.co.jp/english

※Trip Advisor's 2015 Most Popular Restaurants in Japan ranked by Tourists

P33-MAP6-2

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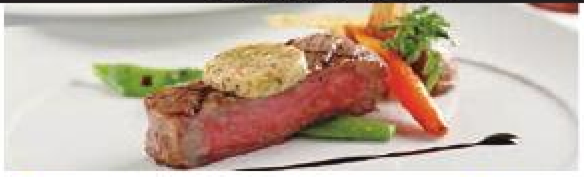
BREEZE OF TOKYO



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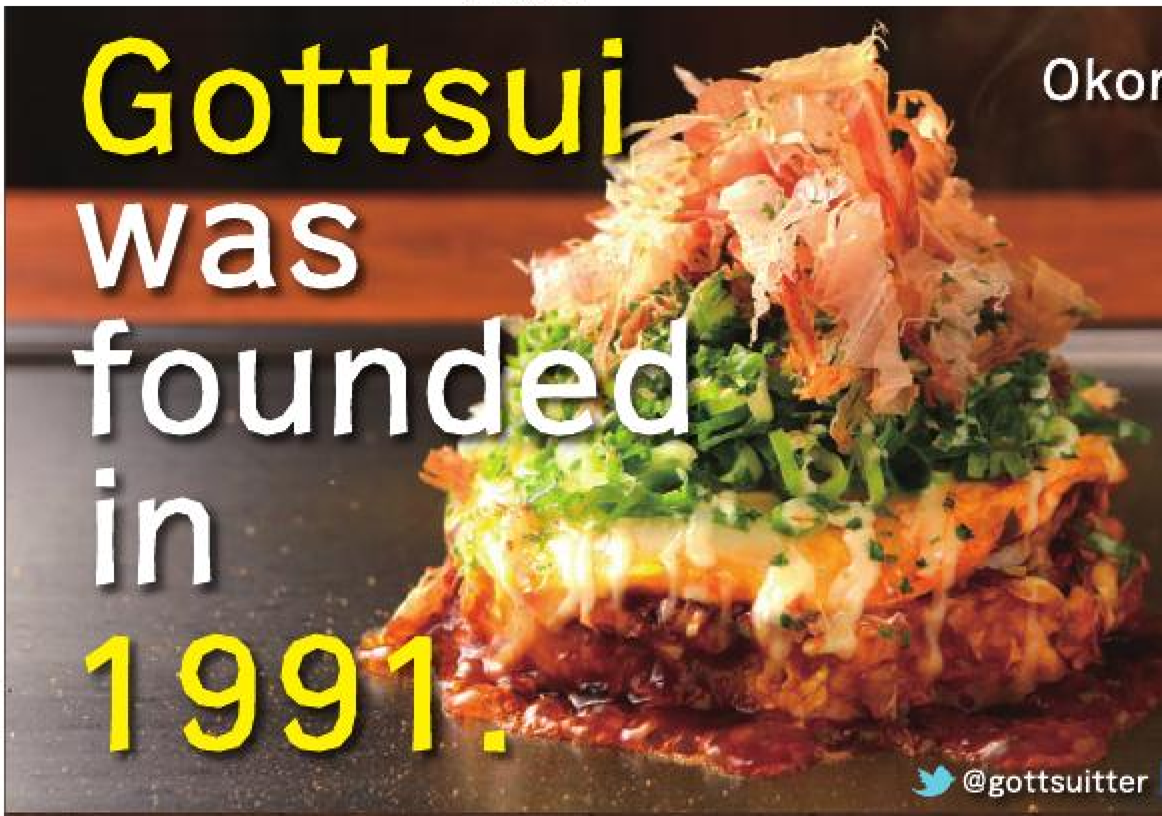
Marunouchi Bldg. 36F, 2-4-1 Marunouchi, Chiyoda-ku, Tokyo
2 mins walk from JR Tokyo Station Marunouchi Exit

P33-MAP9-2



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P34-MAP4-4

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5-4-20 Roppongi, Minato-ku, Tokyo
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Sat, Sun & Holi 12:00-14:30
Dinner: Mon-Fri 17:00-23:30
Sat 14:30-23:30, Sun & Holi 14:30-23:00

P34-MAP4-2

巨牛荘

Kyogyu-so

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in Roppongi

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6-7-8 Roppongi, Minato-ku,
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P34-MAP4-3

Those of you who have seen these movies will have recollection of scenes through our interior design and performances, and those of you who haven't can also enjoy our delicious food and delightful service!

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LaQua 1F1-1-1 Kasuga, Bunkyo-ku, Tokyo
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http://www.unagi-maekawa.com

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TEL: 03-3841-6314
2-1-29 Komagata, Taito-ku, Tokyo
11:30-21:00 (20:30 Last call)

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盛放在西洋餐具裡的老店經典美味，是西洋與和風的完美融合，新丸大樓5樓為您提供舒適的美食空間。

TEL: 03-3211-7017
1-5-1 Marunouchi, Chiyoda-ku, Tokyo
11:00-23:00 (depends on the day of week)

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HONTEN: P33-MAP6-1, SHIN-MARUNOUCHI BLDG, BRANCH: P33-MAP9-1

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TOKYO-ROPPONGI: P34-MAP4-1, TOKYO-UYENO-EKI: P33-MAP8-1, YOKOHAMA: P32-MAP17-1

Traditional Food and Drinking Culture of Kansai, Some of It Almost Forgotten

I spent a week touring around Kyoto, Nara and Shiga prefectures, getting treated to a royal suite of culinary delights and cultural experiences. There were too many events for the space I have to write about them, but here were the highlights:

我曾有幸參加為期1個禮拜，到京都、奈良、滋賀，享受美食的旅遊，體會到許多寫不盡的體驗，但以下幾件事情的印象特別深刻。

We started off at Imanishi Honten, a Nara-zuke factory in Nara Prefecture. Highly recommended for those who want a detailed explanation of how these famous *tsukemono*, a.k.a Japanese pickles, are made. The owner of this shop remains one of the few who don't cut any corners with *Nara-zuke*, which are now 99 percent produced by large companies, outsourced to places as far-reaching as Indonesia.

We also visited Kawashima Brewery in Shiga Prefecture. Getting an in-depth look at the mysterious process of handmade sake making was a stimulating experience, but it was saddening to hear from the owner that the number of sake producers in Japan has fallen from 3,000 to 1,300 due to the disappearance of the natural environments necessary for sake brewing, and the migration of the Japanese population towards cheap alcohols.

During these five days, we ate at many highly regarded restaurants in the Kansai area, but the standout meal of the trip was at Kogetsu, a restaurant in the small town of Kusatsu in Shiga Prefecture. This isolated establishment has managed to fully book its lunch reservations until the end of 2017, and if you eat there you will understand why. Our meal featured many courses, all of which paired incredibly well with the sake on offer. The teriyaki eel topped with edible leaves and accompanied by mashed *gobo* puree left the strongest impression, but the half cooked rice topped with half cooked soy sauce, white miso potato potage and garlic marinated sashimi held their own as well.

Kogetsu is a rare success story, but many of the great food and drinking experiences available in this area may not be available much longer, if we continue to refuse to look further than convenience stores for our eating and drinking needs. These places need your support!

想永久傳承：關西的傳統飲食與酒文化

首先，我來到了奈良縣販賣奈良漬的店——今西本店。如想了解這種著名的傳統醃菜是如何製作而成，建議您前來拜訪。這間店至今仍持續製作做工費時的古早味奈良漬。現在有99%的奈良漬是由大規模製造商生產，最遠外銷至印尼。據說，現在幾乎已經沒有其他店家，與今西本店一樣採用手工製作。

在滋賀縣的川島酒造能夠詳細地看到所有製酒的神秘工程，這令我相當興奮。聽老闆說：「釀酒廠已從以前的3,000座減少至1,300座了。因為釀酒所需的自然環境消失，日本人也開始喜歡喝便宜的酒。」這令我感到有點難過。

這5天中，我曾到關西地區的名店用餐，但位於滋賀縣的小城鎮，草津的「康月」令我特別無法忘懷。雖然這間店位於郊區，但已接到許多午餐預約，目前已登記至2017年底。品嚐過後，令我心服口服。店家端出了許多料理，每一道都與日本酒非常相配。照燒鰻魚佐食用葉與牛蒡泥堪稱極品，淋上半釀造醬油的五分炊粥、白味噌馬鈴薯濃湯及蒜漬生魚片也相當美味。

如果，我們以便利商店的食物隨意解決一餐，或許有一天，這個地區美妙的飲食文化就會消失。也許對於我們而言，前往這些地方，用心品嚐這些美食，便為保留這份文化盡了綿薄之力。

Useful Japanese phrases 常用日語短句

in daily life	あいさつ、生活で		日常生活
Hello.	こんにちは	Konnichiwa	你好
Excuse me. / I'm sorry.	すみません	Sumimasen	請問／對不起
Thank you.	ありがとう	Arigatou	謝謝
No problem.	大丈夫	Daijoubu	沒問題
Good bye.	さようなら	Sayounara	再見

in town	街で		在街上
Where is (the toilet)?	(トイレ)は、どこですか?	(Toire) wa Doko-desuka?	(廁所)在哪裡？
Where am I?	ここはどこですか?	Koko wa Doko-desuka?	我在哪裡？
I don't know. / understand.	わかりません	Wakarimasen.	我不知道
What time is it now?	今何時ですか?	Ima nanji desuka?	現在幾點？
Exchanging, please.	両替お願いします	Ryougae Onegai shimasu.	請換成零錢

on transportation	交通		交通
Is this (train/bus) going to ...?	～に行きますか?	...ni Ikimasuka?	這是到…去的車嗎？
...(the number of) tickets, please.	～枚ください	...mai kudasai	請給我(數量)張票
Where is the train / bus departing from?	どこから発車しますか?	Dokokara Hassha shimasuka?	車從哪裡出發呢？
How much time will it take to get to ...?	～まで何分かかりますか?	made nan-fun kakarimasuka?	到…需要多長時間呢？

on shopping	買い物		買東西
I'll buy this.	これをください	kore wo kudasai	我要買這個
How much (is this)?	(これは)いくらですか?	(kore wa) Ikura desuka?	(這個)多少錢？
Do you have ...?	～はありますか?	...wa arimasuka?	這裡有沒有…？
It's too expensive, I don't need it.	高すぎます、いりません	Takasugimasu, irimasen.	太貴了，我不買了

at restaurants	レストラン		在餐廳
Would you give us the menu?	メニューを見せてください	Menyu wo misete kudasai	請給我們菜單
Do you have any recommended dishes?	おすすめはありますか?	Osusume wa arimasuka?	這裡有什麼推薦菜品嗎？
May I have the check, please.	お会計お願いします	Okaikei Onegaishimasu	請結帳

on emergency	困った時		緊急時
Help!	たすけて	Tasukete!	救命！
I don't understand Japanese.	日本語わかりません	Nihongo wakarimasen	我不會講日語
Take me to hospital!	病院に連れて行って!	Byouin ni tsurete itte!	請帶我去醫院！
Call the police!	警察を呼んで!	Keisatsu wo yonde!	請叫警察！

Enjoy Art and Antiques in Tokyo
在東京品味藝術&骨董

The Kyobashi and Nihombashi area in Tokyo is rich in art, with about 150 specialty stores selling a wide variety of artworks, including antiques, crafts, Japanese-style paintings, modern paintings, sculptures, and woodblock prints.
東京的京橋與日本橋一帶，是集結了古美術、工藝、日本畫、近代繪畫、雕刻、版畫等約150家專業店鋪的藝術聚集地。
Tokyo Art & Antiques 2016: The Nihombashi/Kyobashi Art Festival will be held for three days, from April 14 to 16.
4月14日～16日三天期間，將有「『東京 藝術 骨董 2016』～日本橋、京橋美術祭～」在此舉行。

Red flag, a sign of participated shops
紅色旗幟為參與店鋪的標誌

Photo of gallery talk
展示館內交流的情況

Unlike typical art exhibitions where you only view works through a glass shield, you can enjoy artworks by touching and taking them in your hands. You may also meet some artists and art shop owners. Enjoy art in a close and familiar way.
這裡與透過玻璃鑑賞美術品的美術館不同，您可實際拿在手上，觸摸感受。也有機會與店主或作家進行交流。一起前來近距離享受藝術的樂趣吧。

The festival is one of the largest art festivals in Japan, with 80 stores participating. You can purchase artworks for reasonable prices.
日本最大規模，80家店鋪參與！還能以經濟實惠的價格購買美術品。

For more information, see
詳情請參考
http://www.tokyoartantiques.com/en/

Transportation / 交通

Rail 鐵路

Japan is covered in a rail network that reaches to almost every corner of the archipelago. Most are owned and run by the Japan Railway (JR) system and the world famous "Shinkansen" bullet train is of course one of the fastest and most enjoyable forms of land transport anywhere – the distance between Tokyo and Osaka being covered in just 2 hours 30 minutes on the fastest line.

日本的鐵路網相當發達，從日本國內到各處幾乎利用鐵路可到達，主要有JR（Japan Railway Co., Ltd., 日本旅客鐵路）運行著，在這當中藉由世界上也很有名的「新幹線」之移動，一定會是日本旅行中最印象深刻的活動之一。東京到大阪間最快為2小時30分鐘。

Japan Rail Pass

Japan Rail Pass allows you to use the whole JR system (including the Shinkansen) but is only sold outside Japan. 29,110 yen gets you a full 7 day ticket (adults).

JAPAN RAIL PASS（日本鐵路周遊券）是可利用包含新幹線的日本全國的JR，只有在日本國外才有販賣，一名成人7天為29,110日圓。

Type/類型:	Green/綠証		Ordinary/普通証	
Duration/有效期	Adult/成人	Child/兒童	Adult/成人	Child/兒童
7-day/7天	38,880 YEN	19,440 YEN	29,110 YEN	14,550 YEN
14-day/14天	62,950 YEN	31,470 YEN	46,390 YEN	23,190 YEN
21-day/21天	81,870 YEN	40,930 YEN	59,350 YEN	29,670 YEN

For more info, check the Japan Rail Pass website:
詳情請看JAPAN RAIL PASS的網站
www.japanrailpass.net

Bus 巴士

Long-distance buses in Japan are run by numerous companies including JR. Buses are generally more economic than traveling by plane or train but do take longer and can be affected by traffic jams at busy times of the day or night.
Local buses run all over Japan as well as in the major cities and sometimes English instructions or stop announcements are used but this is not the case everywhere. We would recommend you ask drivers to remind you of where you must disembark prior to setting off.

包含JR，有許多公司提供長距離巴士的運行，一般來說比藉由飛機和鐵路的旅行較具經濟性，但是所花的時間比較長，也較容易受交通阻塞的影響。
主要的都市、城鎮可利用公車線路，最近雖然英語的表示和廣播也逐漸增加，但是為了確實地到達目的地，建議您事先拜託駕駛員，請駕駛員到達目的地時通知一下。

Taxis 計程車

Japanese taxis can be found at the exit to every train station in the country or alternatively hailed on the streets. The red sign visible through the windshield of the car: "空車" (kusha) means it is vacant and available for hire but when the sign reads "賃走" (chinso), it is unavailable. The back door on the left side will open and close automatically so be careful not to stand too close! (All the other doors are operated manually) Rates vary depending on the taxi company but usually start at a fixed rate of 730 yen (in Tokyo) for the first two kilometers. The rate system is shown inside the taxi and receipts can be issued. In urban areas, you can usually pay by credit card for a taxi. If credit cards are accepted, a taxi has a sticker showing this on the window.

除了可搭乘等候在車站前的計程車外，在路上也可叫到計程車。計程車能不能搭乘，可藉由車窗前部分的表示來判斷。顯示「空車」的時候，表示無人乘坐，可搭乘。出現「賃走」時表示已經有別的乘客搭乘了。車子左後方的車門會自動打開與關閉，所以要注意一下不要靠的太近被車門撞到（其他的車門用手打開與關閉）。車費根據計程車公司而有所不同，但是一般起跳730日圓（最初的2公里），車資的體制告示在車內裡，也可拿到收據。在都市裡很多計程車可以用信用卡支付。可使用信用卡支付的計程車在窗上貼有標示。

Transportation Information 交通咨詢

Japan Railways(JR East)/JR東日本咨詢專線	050-2016-1603
Tokyo Metro / 東京Metro	0120-104106
Keisei Electric Railway / 京成電鐵	03-3831-0131
Limousine Bus / 利木津巴士	03-3665-7220
Keisei Bus / 京成巴士	047-712-7400

Getting Around in Tokyo / 東京的交通

In big cities, such as Tokyo and Osaka, the under and over ground train system is well organized and highly efficient accessing any and all parts of the cities. To avoid wasting time lining up for tickets and working out how to use the machines in different stations, it is highly recommended to purchase pre-paid cards.

在東京，大阪等大都市的交通系統被充分的整備，如果使用電車或是地下鐵的話可到達任何地方，如果不想浪費為了購買車票而排隊的時間，建議您利用預付費卡。

Transportation Cards/Useful Tickets 划算的交通卡

If planning to stay in Japan for a longer period why not try using IC cards? (500 yen deposit returned when returning the card) Simply touch the card on a rectangular pad beside the ticket gate and the fare used is automatically deducted from the value of the card. In Tokyo the cards are known as Suica or PASMO and are accepted on JR lines, subways and most other railways and buses.

Tokyo One-Day Free Ticket (Tokyo Furii Kippu)（東京フリーきっぷ）is available for use on JR lines (inside Tokyo's 23 cities), subways, and the Toei Bus service for one whole day – ending at midnight – at a charge of 1,590 yen.

Tokyo Subway Ticket is available for use on Tokyo Metro and Toei Metro subway lines. Prices for adults are 800 yen (1 day), 1,200 yen (2 days), and 1,500 yen (3 days).

JR Kanto Area Pass is to be upgraded to JR TOKYO Wide Pass from December 19, 2015. The new pass is valid for three days and good for unlimited rides using reserved seats on ordinary cars on Shinkansen and express trains in the Kanto area. The service is now extended to Echigo-Yuzawa Station and GALA Yuzawa Station. Prices are 10,000 yen (Adults), and 5,000 yen (Children).

如果預定在日本逗留一些時間的話，不妨試試看IC卡吧！（購入時要付500日圓的保證金，將卡歸還時，保證金會退還給您。）在剪票機旁的讀取機上觸摸一下，運費會從卡上自動被扣取。在東京地區Suica和PASMO兩者除了JR線、地下鐵、其他大部分的私鐵之外，也可搭乘巴士。

如果都內及近郊一日遊通票（Tokyo Free Kippu）的話，可在一天內無限制乘坐JR（東京23區內）及地下鐵、都營巴士，一張票1,590日圓。

東京地鐵通票可以利用東京地鐵及都營地鐵各條線路。成人一日票800日圓，二日票1,200日圓，三日票1,500日圓。

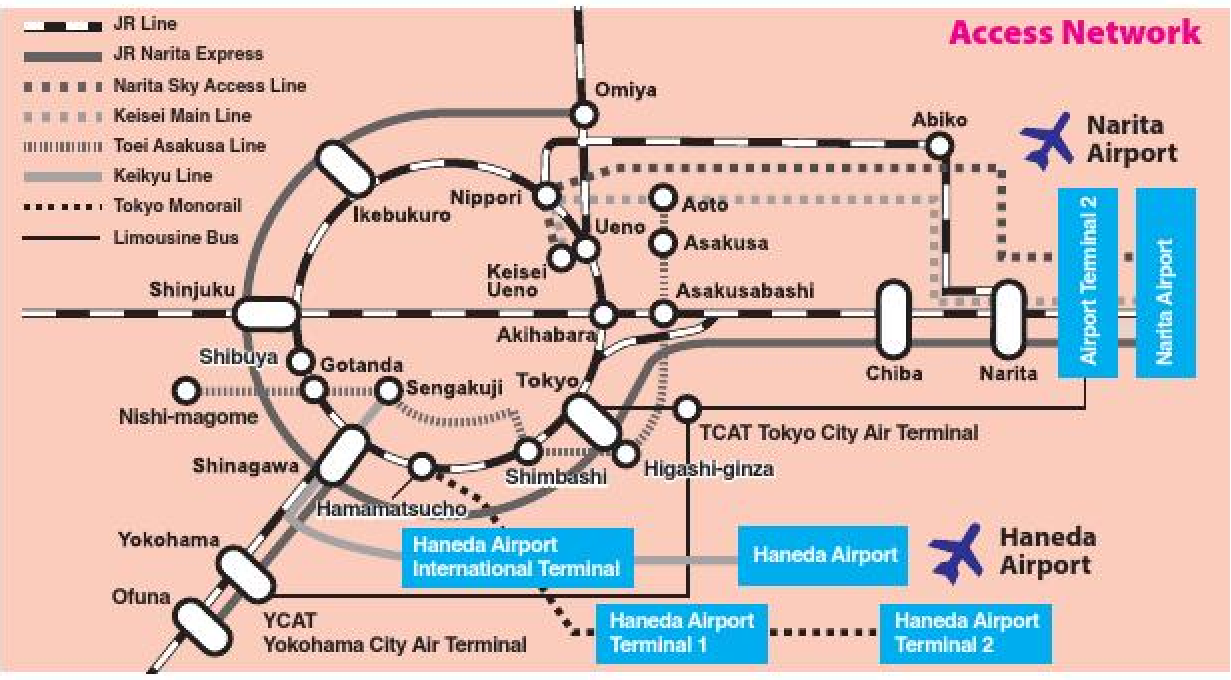
於2015年12月19日開始，JR關東地區通票（JR Kanto Area Pass）將全新改為JR東京廣域周遊券（JR TOKYO Wide Pass），除了能在3天內不限次數搭乘關東地區的新幹線、特快列車的指定座席之外，還把適用範圍擴大到越後湯澤站、GALA湯澤站。價格為成人10,000日圓，兒童5,000日圓。

Getting Around in Osaka / 關西的交通

Transportation Cards/Useful Tickets 划算的交通卡

In the Kansai (Osaka) area ICOCA or PiTaPa is available IC cards similar to Suica / PASMO.

Kansai Area Pass is valid for unlimited travel using ordinary non-reserved seats of JR-WEST local and rapid trains in the defined "Free Area." Prices for adults are 2,300 yen (1-day), 4,500 yen (2-days), 5,500 yen (3-days), and 6,500 yen (4-



days) when purchasing in Japan.When purchasing in other countries, prices are 2,200 yen (1-day), 4,300 yen (2-days), 5,300 yen (3-days), and 6,300 yen (4-days).

Kansai Thru Pass (スルッと関西) offers a similar service to the Tokyo Furii Kippu in Kansai and enables subway, railway (bar JR lines), and bus use throughout the Kansai area. Prices for adults are 4,000 yen (2 days) and 5,200 yen (3 days).

在關西（大阪）地區有ICOCA和PiTaPa兩種IC卡扮演著跟Suica / PASMO同樣的角色。

使用關西地區鐵路周遊券，可利用在自由區域內的JR普通列車（含快速列車）的普通車自由席隨意上下車。在日本購買時，成人價格為1日用2,300日圓，2日用4,500日圓，3日用5,500日圓，4日用6,500日圓。在日本國外購買時，成人價格為1日用2,200日圓，2日用4,300日圓，3日用5,300日圓，4日用6,300日圓。

KANSAI THRU PASS 能夠自由乘坐關西地區的地下鐵、私鐵（JR線除外）及巴士。2日乘車卡4,000日圓、3日乘車卡5,200日圓。

Money / 貨幣

You can cash traveler's checks at many banks. Traveler's checks can also be used at hotels, ryokan Japanese style hotels, and shops in big cities. Credit cards can be widely used in urban areas, but sometimes are not accepted at shops in rural areas.

旅行支票可在很多家銀行換錢。而且，大都市的飯店或旅館、商店，也可使用信用卡。雖然信用卡在城市裡可廣泛使用，但是在有些郊區的商店無法使用。

Japanese coin & paper currency in circulation

Money Exchange 兌換

Exchanging non-Japanese currency for yen can be carried out at international airports, and most major banks. At the airports exchanging Japanese yen into foreign currency is also possible. At "World Currency Shop," even after banks close their doors it ispossible to exchange later in the day.

在機場或是都市銀行可兌換日幣，在機場也可將日圓再兌換回外幣，在「World Currency Shop」即使超過銀行的營業時間也辦理兌換業務。

ATMs

You can withdraw Japanese yen from ATMs of some banks with credit cards or cash cards which were issued outside Japan.

有些銀行的提款機，可以用國外發行的信用卡或提款卡提領日幣。

Japan Post Bank
www.jp-bank.japanpost.jp/en/ias/en_ias_index.html
SEVEN BANK
www.sevenbank.co.jp/intlcard/index2.html
AEON BANK
https://www.aeonbank.co.jp/atm/

Telephone Service / 電話

Public telephones can be found almost everywhere in Japan and most can be used to make domestic and international calls. Only 10 or 100 yen coins can be used but all telephones take pre-paid telephone cards – purchase in convenience stores for 500 or 1,000 yen. If you use a calling card when you make an international call, it can reduce your calling rate.

在日本國內的各個地方設置有公共電話，可使用國內、國際電話的服務。使用10日圓、100日圓的硬幣，或者是電話卡（在便利商店等販賣，有500日圓、或是1,000日圓）。若要撥打國際電話，也可以使用電話卡降低通話費。

KDDI Super World Card
http://www.001.kddi.com/en/lineup/with-guidance/swc/
NTT Communications World Pre-paid Card
http://506506.ntt.com/english/service/p_card/
Brastel International Calling Service
博朗思特永恒智慧國際電話
http://www.brastel.com/pages/eng/home/

Free Wi-Fi Service / 免費Wi-Fi服務

Japan Connected-free Wi-Fi
By registering with this app, you can enjoy free Wi-Fi at major airport, stations, tourist spots, convenience stores, etc. (About 130,000 locations throughout Japan as of May 2015.)

NTT East FREE WI-FI Japan
By presenting your passport at designated locations, you can receive a card with an ID and password required for Wi-Fi Internet access. (More than 45,000 locations throughout the eastern Japan area.)

FREESPOT
Registration with your email address in required only the first time when you request access. (About 1,000 locations in Tokyo.)

Japan Connected-free Wi-Fi
只需下載這個軟件，即可在主要的機場、車站、旅遊景點、便利店等享受免費的Wi-Fi服務。（2015年5月時，日本全國大約有13萬個熱點。）

NTT東日本免費Wi-Fi
需要在上網卡派發地點出示護照，即可獲取寫有賬號和密碼的上網卡。（在東日本地區有4.5萬個以上的熱點。）

FREESPOT(免費熱點)
只需在第一次使用時登錄電子郵箱地址，登錄一次半年有效。（在東京都內約有1,000個熱點。）

Postal Service / 郵便

International Air Mail Fee
國際郵件費用表

		Asia 亞洲	N-America Europe Oceania M-East 北美洲/歐洲 大洋洲/中東	Africa S-America 非洲 南美洲
Post	明信片	70	70	70
Aerograms	無線電報	90	90	90
Letters	信件 (-25g)	90	110	130
Letters	信件 (-50g)	160	190	230
Greeting cards	賀卡 (-25g)	90	110	130

溫泉入浴方法 How to bathe in an Onsen

1 在更衣室脫下所有衣服。只有毛巾或是小浴巾可以帶進入浴場所。禁止穿泳衣入浴。

2 進入盥洗室后，需將身體沖洗乾淨后方能進入溫泉池。不同的溫泉有不同的入浴方式。有的入口處有沖洗專用的石缸；有的有沐浴露、小桶及水龍頭；有的需要用小桶直接從溫泉池舀水沖洗。重點是要用熱水將全身沖洗乾淨。

3 沖洗乾淨后即可進入溫泉池。最好由膝蓋順著腰，到胸再到肩慢慢地習慣。請勿將毛巾帶進溫泉池內。可將毛巾摺好放在頭上或溫泉池旁。

4 入浴時間一次不要超過十分鐘。溫泉水富含礦物質，適當的入浴時間不但可以放鬆身心，還有利於吸收礦物質。一天的入浴次數以2-3次為佳。

5 如果有盥洗處，多次來回於溫泉池與盥洗處也是不錯的。請勿將肥皂等帶入溫泉池內。

6 有些地方有諸如露天溫泉之類的多個溫泉池，可以自由地來回使用。

7 覺得足夠暖和及完全放鬆后就起來吧。由於溫泉水里的礦物質會殘留在身上，沖不沖澡依個人喜好。

8 溫泉池出來用請用毛巾把身體擦乾后再進入更衣室。可以小睡一會，溫泉有助於恢體力。

You've finally made it to the hot spring. But how do you go about making use of it? Above all, you should never forget to observe the manners and etiquette needed throughout. Here are some important rules to guide you through your first onsen experience - a primer to the laws of the onsen:

1 First of all you will have to completely undress. Clothes are to be taken off in the dressing room (known as the datsui-jo in Japanese). Other than your birthday suit, you may bring one small towel or washcloth to the bathing area for washing with. Do not make the mistake of changing into and going in your bathing suit! It is not allowed.

2 Once in the bathing area, rinse off with hot water before getting into the onsen. At some places there will be a stone tub by the entrance, at others you may be able to wash with soap, bucket and using a tap, and at other you will have to take the water directly from the onsen itself (In Japanese this is called kakeh-yu). Kakeh-yu can be done with a small bowl or bucket (sometimes with a handle). Hot water is drawn from the tub or tap and poured over the entire body to rinse thoroughly. This is considered one of the most important points of onsen manners.

3 After you have completely rinsed, it's time to get into the hot tub. It's best to get in slowly at first. Get in slowly up to your knees, then up to your waist, followed by chest, then neck. In doing so your body will slowly get used to the water temperature. Do not put the towel into the water. You may see people fold and put it on their heads, now you know why - it doesn't belong in the water. You may also put it on the side of the tub.

4 One dip is usually no more than 10 minutes. As there are mineral elements in the water, longer exposure is not only relaxing, but allows the body to soak up more of those minerals. Getting in at least 2 to 3 times a day is reasonable.

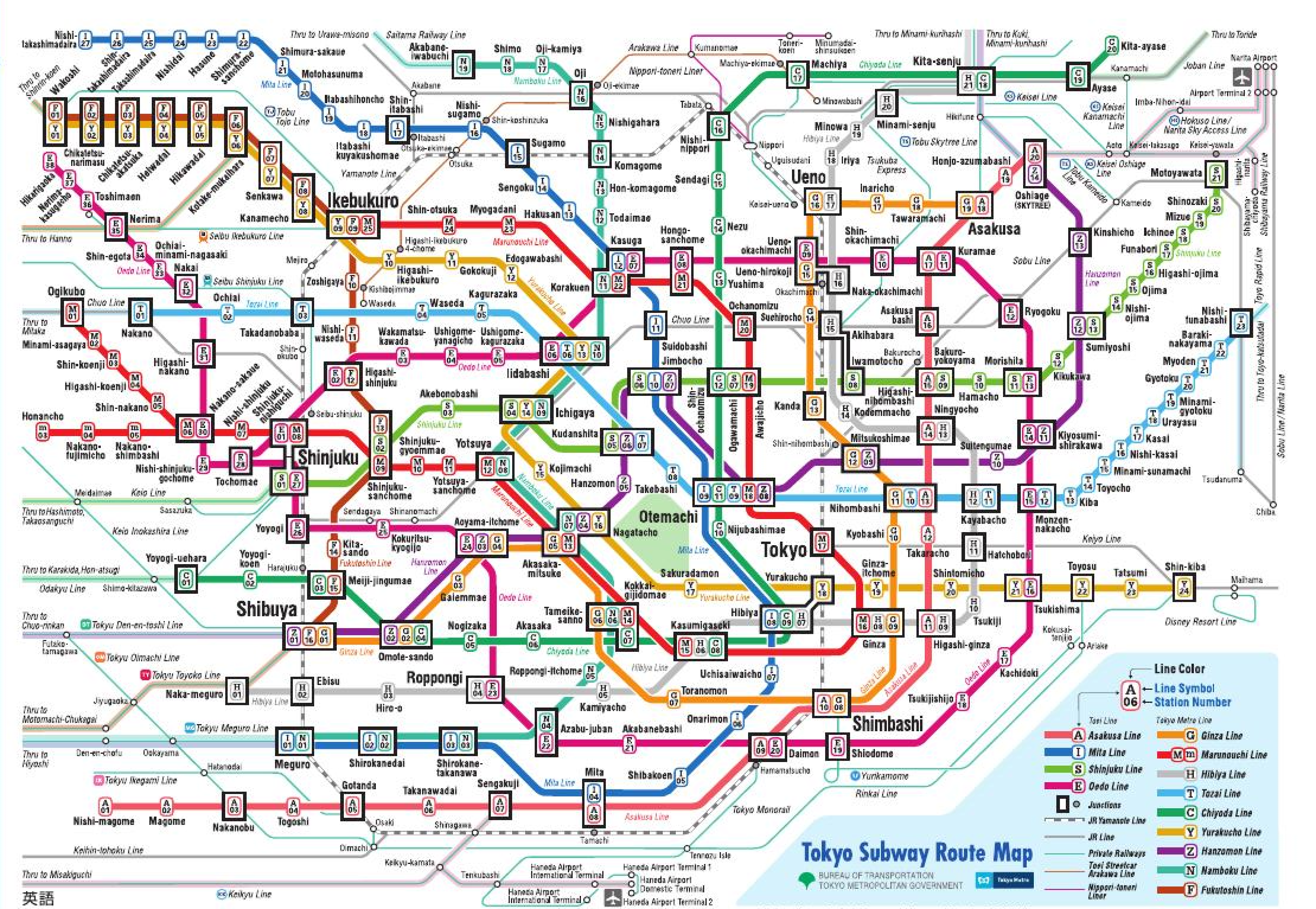
5 Where tap and washing stalls are available, switching from wash stall to tub and back is up to you. Do so at will. Never bring the soap or suds into the tub!

6 Some hot springs provide more than one tub, such as an open-air bath (rotenburo). Switching from bath to bath may also be done freely.

7 When your body is hot and you are totally relaxed, taking a shower is entirely up to you, although may be a waste of the onsen's mineral healing properties. Leaving them to soak in may be better for your skin.

8 Once out of the onsen, dry off with a towel. Taking a nap is effective; bathing in a hotspring takes quite some physical energy.

Tokyo Subway Map



Tokyo Metro Co., Ltd. Approved (Approval Number 25-A005)

A
- Akabanebashi E21
- Akabane-iwabuchi N19
- Akasaka C06
- Akasaka-mitsuke G05 M13
- Akebonobashi S03
- Akihabara H15
- Aoyama-itchome G04 Z03 E24
- Asakusa G19 A18
- Asakusabashi A16
- Awajicho M19
- Ayase C19
- Azabu-juban N04 E22

B
- Bakuro-yokoyama S09
- Baraki-nakayama T22

C
- Chikatetsu-akatsuka Y03 F03
- Chikatetsu-narimasu Y02 F02

D
- Daimon A09 E20

E
- Ebisu H02
- Edogawabashi Y12

F
- Funabori S17

G
- Gaiemmae G03
- Ginza G09 M16 H08
- Ginza-itchome Y19
- Gokokuji Y11
- Gotanda A05
- Gyotoku T20

H
- Hakusan I13
- Hamacho S10
- Hanzomon Z05
- Hasune I23
- Hatchobori H11
- Heiwadai Y04 F04
- Hibiya H07 C09 I08
- Higashi-ginza H09 A11
- Higashi-ikebukuro Y10
- Higashi-koenji M04
- Higashi-nakano E31
- Higashi-nihombashi A15
- Higashi-ojima S16
- Higashi-shinjuku E02 F12
- Hikarigaoka E38
- Hikawadai Y05 F05
- Hiro-o H03
- Honancho m03
- Hongo-sanchome M21 E08
- Honjo-azumabashi A19
- Hon-komagome N13

I
- Ichigaya Y14 N09 S04
- Ichinoe S18
- Iidabashi T06 Y13 N10 E06
- Ikebukuro M25 Y09 F09
- Inaricho G17
- Iriya H18
- Itabashi-honcho I19
- Itabashi-kuyakushomae I18
- Iwamotocho S08

J
- Jimbocho Z07 I10 S06

K
- Kachidoki E17
- Kagurazaka T05
- Kamiyacho H05
- Kanamecho Y08 F08
- Kanda G13
- Kasai T17
- Kasuga I12 E07
- Kasumigaseki M15 H06 C08
- Kayabacho H12 T11
- Kiba T13
- Kikukawa S12
- Kinshicho Z13
- Kita-ayase C20
- Kita-sando F14
- Kita-senju H21 C18
- Kiyosumi-shirakawa Z11 E14
- Kodemmacho H14
- Kojimachi Y15
- Kokkai-gijidomae M14 C07
- Kokuritsu-kyogijo E25
- Komagome N14
- Korakuen M22 N11
- Kotake-mukaihara Y06 F06
- Kudanshita T07 Z06 S05
- Kuramae A17 E11
- Kyobashi G10

M
- Machiya C17
- Magome A02
- Meguro N01 I01
- Meiji-jingumae C03 F15
- Minami-asagaya M02
- Minami-gyotoku T19
- Minami-senju H20
- Minami-sunamachi T15
- Minowa H19
- Mita A08 I04
- Mitsukoshimae G12 Z09
- Mizue S19
- Monzen-nakacho T12 E15
- Morishita S11 E13
- Motohasunuma I20
- Motoyawata S21
- Myoden T21
- Myogadani M23

N
- Nagatacho Y16 Z04 N07
- Nakai E32
- Naka-meguro H01
- Nakano T01
- Nakanobu A03
- Nakano-fujimicho m04
- Nakano-sakaue M06 E30
- Nakano-shimbashi m05
- Naka-okachimachi H16
- Nerima E35
- Nerima-kasugacho E37
- Nezu C14
- Nihombashi G11 T10 A13
- Nijubashimae C10
- Ningyocho H13 A14
- Nishidai I24
- Nishi-funabashi T23
- Nishigahara N15
- Nishi-kasai T16
- Nishi-magome A01
- Nishi-nippori C16
- Nishi-ojima S14
- Nishi-shinjuku M07
- Nishi-shinjuku-gochome E29
- Nishi-sugamo I16
- Nishi-takashimadaira I27
- Nishi-waseda F11
- Nogizaka C05

O
- Ochanomizu M20
- Ochiai T02
- Ochiai-minami-nagasaki E33
- Ogawamachi S07
- Ogikubo M01
- Oji N16
- Oji-kamiya N17
- Ojima S15
- Omote-sando G02 C04 Z02
- Onarimon I06
- Oshiage Z14 A20
- Otemachi M18 T09 C11 Z08 I09

R
- Roppongi H04 E23
- Roppongi-itchome N05
- Ryogoku E12

S
- Sakuradamon Y17
- Sendagi C15
- Sengakuji A07
- Sengoku I14
- Senkawa Y07 F07
- Shibakoen I05
- Shibuya G01 Z01 F16
- Shimbashi G08 A10
- Shimo N18
- Shimura-sakaue I21
- Shimura-sanchome I22
- Shin-egota E34
- Shin-itabashi I17
- Shinjuku M08 S01 E27
- Shinjuku-gyoemmae M10
- Shinjuku-nishiguchi E01
- Shinjuku-sanchome M09 S02 F13
- Shin-kiba Y24
- Shin-koenji M03
- Shin-nakano M05
- Shin-ochanomizu C12
- Shin-okachimachi E10
- Shin-otsuka M24
- Shinozaki S20
- Shin-takashimadaira I26
- Shintomicho Y20
- Shiodome E19
- Shirokanedai N02 I02
- Shirokane-takanawa N03 I03
- Suehirocho G14
- Sugamo I15
- Suidobashi I11
- Suitengumae Z10
- Sumiyoshi Z12 S13

T
- Takadanobaba T03
- Takanawadai A06
- Takaracho A12
- Takashimadaira I25
- Takebashi T08
- Tameike-sanno G06 N06
- Tatsumi Y23
- Tawaramachi G18
- Tochomae E28
- Todaimae N12
- Togoshi A04
- Tokyo M17
- Toranomon G07
- Toshimaen E36
- Toyocho T14
- Toyosu Y22
- Tsukiji H10
- Tsukijishijo E18
- Tsukishima Y21 E16

U
- Uchisaiwaicho I07
- Ueno G16 H17
- Ueno-hirokoji G15
- Ueno-okachimachi E09
- Urayasu T18
- Ushigome-kagurazaka E05
- Ushigome-yanagicho E04

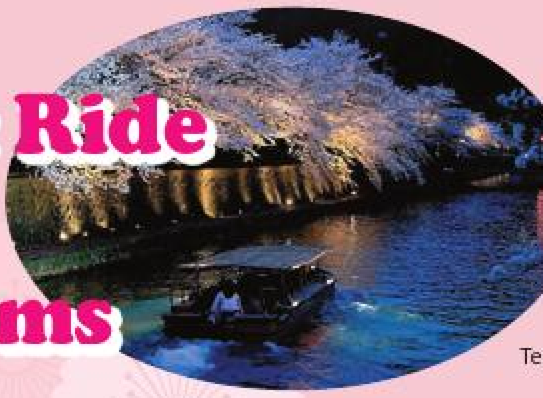
W
- Wakamatsu-kawada E03
- Wakoshi Y01 F01
- Waseda T04

Y
- Yotsuya M12 N08
- Yotsuya-sanchome M11
- Yoyogi E26
- Yoyogi-koen C02
- Yoyogi-uehara C01
- Yurakucho Y18
- Yushima C13

Z
- Zoshigaya F10

Central Tokyo
Tokyo Port
東京港
TOKYO DISNEY RESORT
to Seibu-Chichibu
Hibarigaoka
ひばりヶ丘
to Narimasu
Tobu Tojo Line
to Kawagoe
Saikyo Line
to Omiya
Takasaki Line / Utsunomiya Line
to Toneri
Nippori-toneri Liner
to Abiko
Keisei Line
Joban Line
Ushida
牛田
Keisei Sekiya
京成関屋
to Narita Airport
Shakujiikoen
石神井公園
Toshimaen
豊島園
Kamiitabashi
上板橋
Itabashi
板橋
Oji
王子
Oku
尾久
Kumanomae
熊野前
Toden Arakawa Line
to Tsukuba
Minami-Senju
南千住
Seibu Ikebukuro Line
Nerima
練馬
Shimoitabashi
下板橋
Kami-Nakazato
上中里
Minowabashi
三ノ輪橋
Tobu Isesaki Line
to Hon-Kawagoe
Tanashi
田無
Kamishakujii
上石神井
Komagome
駒込
Tabata
田端
Mikawashima
三河島
Sumidagawa River
Tsukuba Express Line
Keisei Oshiage Line
to Chiba
Otsuka
大塚
Sugamo
巣鴨
Nishi-Nippori
西日暮里
Hanakoganei
花小金井
Seibu Shinjuku Line
Saginomiya
鷺ノ宮
Ikebukuro
池袋
Nippori
日暮里
Uguisudani
鶯谷
Hikifune
曳舟
Shin-Koiwa
新小岩
Yamanote Line
Asakusa
浅草
Mejiro
目白
Ikebukuro
P32-MAP12
Kichijoji
P32-MAP13
Ueno
P33-MAP8
Tobu Kameido Line
to Tachikawa
Higashi-Koganei
東小金井
Mitaka
三鷹
Nishi-Ogikubo
西荻窪
Asagaya
阿佐ケ谷
Nakano
中野
Takadanobaba
高田馬場
Ueno
上野
Asakusa
P33-MAP6
Oshiage
押上
Waseda
早稲田
Chuo Line
Ueno Park
Okachimachi
御徒町
Hirai
平井
Musashi-Koganei
武蔵小金井
Musashi-Sakai
武蔵境
Kichijoji
吉祥寺
Ogikubo
荻窪
Koenji
高円寺
Higashi-Nakano
東中野
Shin-Okubo
新大久保
Suidobashi
水道橋
Akihabara
P33-MAP7
Asakusabashi
浅草橋
Ichigaya
市ヶ谷
Ochanomizu
御茶ノ水
Akihabara
秋葉原
Okubo
大久保
Iidabashi
飯田橋
Ryogoku
両国
Kinshicho
錦糸町
Kameido
亀戸
Arakawa River
Yotsuya
四ツ谷
Kanda
神田
Bakurocho
馬喰町
Shinjuku
新宿
Shinanomachi
信濃町
Marunouchi/ Imperial Palace
P33-MAP9
Shin-Nihombashi
新日本橋
to Fuchu
Chitose-karasuyama
千歳烏山
Shimo-takaido
下高井戸
Meidaimae
明大前
Keio Line
Sendagaya
千駄ヶ谷
Sobu Line
Shinjuku
P34-MAP1
Yurakucho
有楽町
Etchujima
越中島
Tokyo
東京
Hatchobori
八丁堀
Keiyo Line
Yoyogi
代々木
Chofu
調布
Shimo-kitazawa
下北沢
Harajuku
原宿
Roppongi Akasaka
P34-MAP4
Shimbashi
新橋
Shiomi
潮見
Harajuku
P34-MAP2
Ginza
P33-MAP10
Inaginaganuma
稲城長沼
Kyodo
経堂
Odakyu Line
Hamamatsucho
浜松町
Toyosu
豊洲
Kasairinkaikoen
葛西臨海公園
Shibuya
渋谷
Keio Inokashira Line
Shibuya
P34-MAP3
Yanokuchi
矢野口
Seijogakuenmae
成城学園前
Yurikamome Line
Tamachi
田町
to Soga
Ebisu
Daikanyama
P34-MAP5
Kokusai-tenjijo
国際展示場
Rinkai Line
Shin-Kiba
新木場
Inagi
稲城
Inadazutsumi
稲田堤
Nakanoshima
中野島
Sangen-jaya
三軒茶屋
Tokyu Setagaya Line
Naka-meguro
中目黒
Ebisu
恵比寿
Ariake
有明
Maihama
舞浜
Odaiba-Kaihinkoen
お台場海浜公園
Tokyu Toyoko Line
to Hashimoto
Noborito
登戸
Tokyu Denentoshi Line
Meguro
目黒
Shinagawa
品川
Daiba
台場
Shukugawara
宿河原
Gakugei-daigaku
学芸大学
Kokusai-tenjijo-seimon
国際展示場正門
Futako-tamagawa
二子玉川
Musashi-koyama
武蔵小山
Gotanda
五反田
Tennozu-Isle
天王洲アイル
Aomi
青海
Nambu Line
Kuji
久地
to Karakida
Tsudayama
津田山
Jiyugaoka
自由が丘
Ookayama
大岡山
Tokyu Meguro Line
Osaki
大崎
Tokyo Teleport
東京テレポート
Odaiba
P33-MAP11
Shin-Yurigaoka
新百合ヶ丘
Odakyu Tama Line
Tamagawa River
Hatanodai
旗の台
Tokyu Oimachi Line
Oimachi
大井町
Musashi-Mizonokuchi
武蔵溝の口
Musashi-Shinjo
武蔵新城
Den-en-chofu
田園調布
Nishi-Oi
西大井
to Machida
Tokyu Ikegami Line
Tamagawa
多摩川
Tokyo Monorail
Odakyu Odawara Line
Tama-plaza
たまプラーザ
Saginuma
鷺沼
Musashi-Nakahara
武蔵中原
Tokaido Shinkansen
Omori
大森
Yokosuka Line
Musashi-Kosugi
武蔵小杉
Keihin Tohoku Line
Tokaido Line
Kodomonokuni
こどもの国
Mukaigawara 向河原
Ikegami
池上
Tokyu Kodomonokuni Line
Azamino
あざみ野
Hirama 平間
Kamata
蒲田
Kashimada
鹿島田
Tokyu Tamagawa Line
Hiyoshi
日吉
Shin-Kawasaki
新川崎
Haneda Airport
羽田空港
Aobadai
青葉台
Yako 矢向
Keikyu-Kamata
京急蒲田
Haneda Airport Terminal 2
羽田空港第2ビル
Tsunashima
綱島
Shitte
尻手
Kawasaki
川崎
Tenkubashi
天空橋
Tokaichiba
十日市場
Keikyu Kuko Line
Haneda Airport Terminal 1
羽田空港第1ビル
Nagatsuta
長津田
Shin-Yokohama
新横浜
Kikuna
菊名
Keikyu-Kawasaki 京急川崎
Kawasakishimmachi
川崎新町
Keikyu Daishi Line
Haneda Airport International Terminal
羽田空港国際線ビル
羽田空港国際線ターミナル
Yokohama Line
Kozukue
小机
Tsurumi
鶴見
Hama-Kawasaki
浜川崎
Nakayama
中山
Oguchi
大口
Hatchonawate
八丁畷
Kojimashinden
小島新田
Kamoi
鴨居
Kokudo
国道
Showa
昭和
Higashi-Kanagawa
東神奈川
Musashi-Shiraishi
武蔵白石
to Chuo-rinkan
Yokohama
横浜
Anzen
安善
Ogimachi
扇町
to Odawara
Yokohama Station
P32-MAP15
Shin-Koyasu
新子安
Tsurumiono
鶴見小野

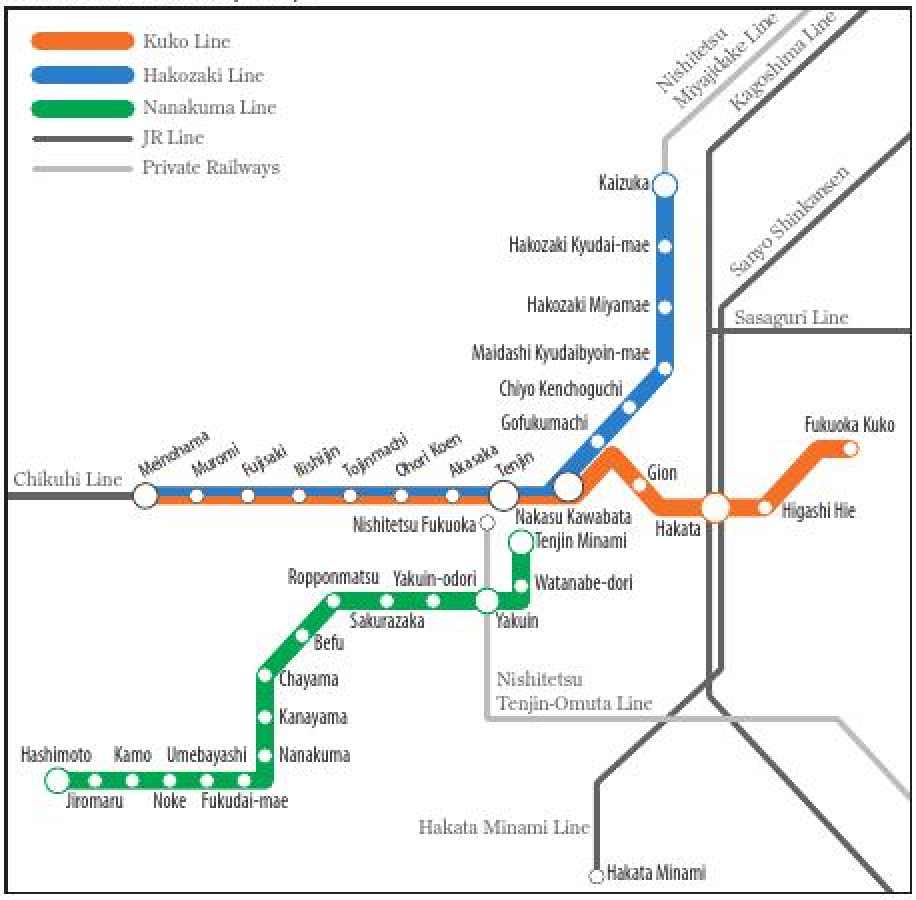
Jikkoku-bune Boat Ride in Okazaki Park with Cherry Blossoms



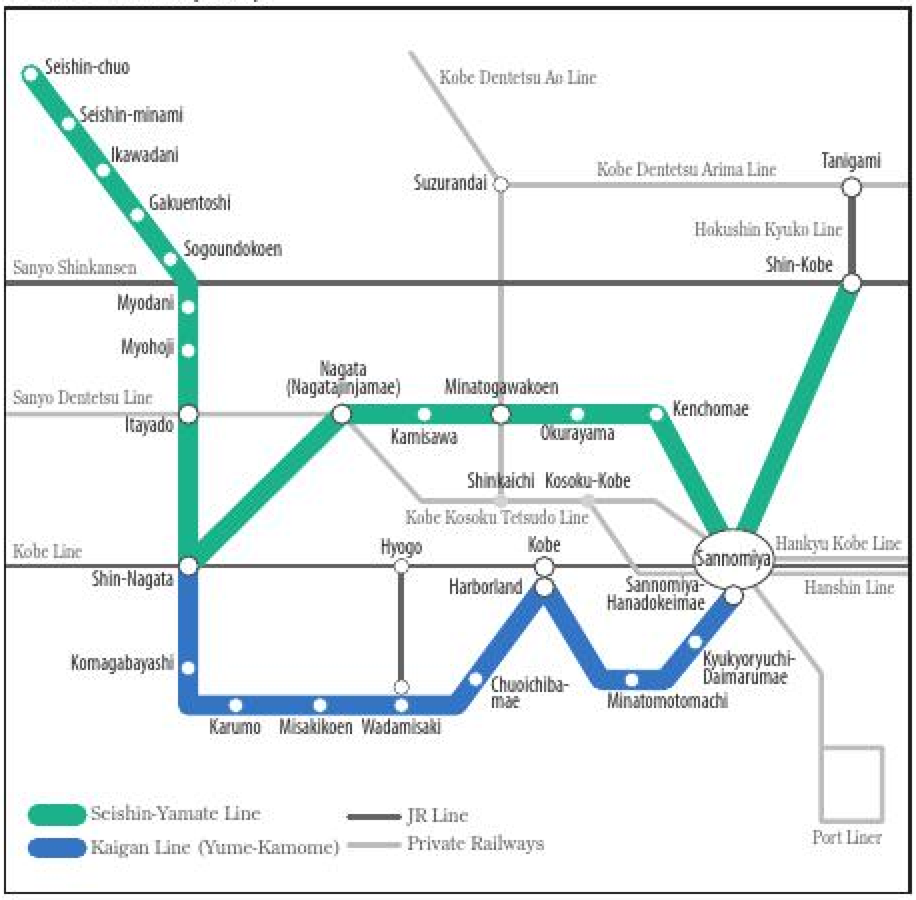
Around Okazaki Park
March 26 (Sat)-May 8 (Sun), 2016
Fee: 1,200 yen (adults), 600 yen (children), 300 yen (infants)
Operating time: 9:30-16:30 (starting time) (until 20:30 during March 26-April 10)
Length of ride: 15-60 min.
Access: Keage Sta. on the Tozai Subway Line
Contact: Tel 075-321-7696 (Kyoto Travel Industry Co-op),
Tel: 080-6158-9703 for info on the day of the cruise

In the Okazaki area, where museums and a zoo are located, you can enjoy boat cruising on a traditional jikkoku-bune boat. The boat starts from Okazaki Nanzenji boat pier (in front of Lake Biwa Canal Museum) and goes to Ebisugawa Dam (about 3 km, 25 min /round trip). During the period of time when the canal is lit up in the cherry blossom season, night tours are available. After the cherry blossom season (depending on the year, usually late March to early April), fresh green scenery is also breathtaking!

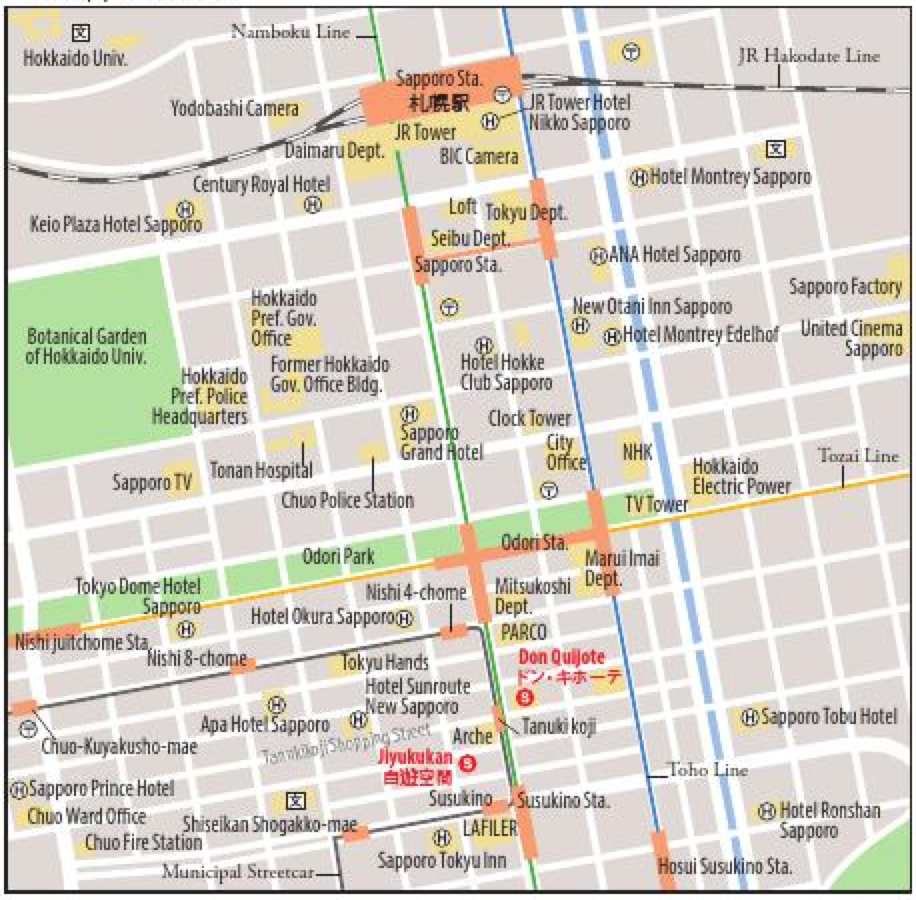
F. Fukuoka Subway Map



E. Kobe Subway Map

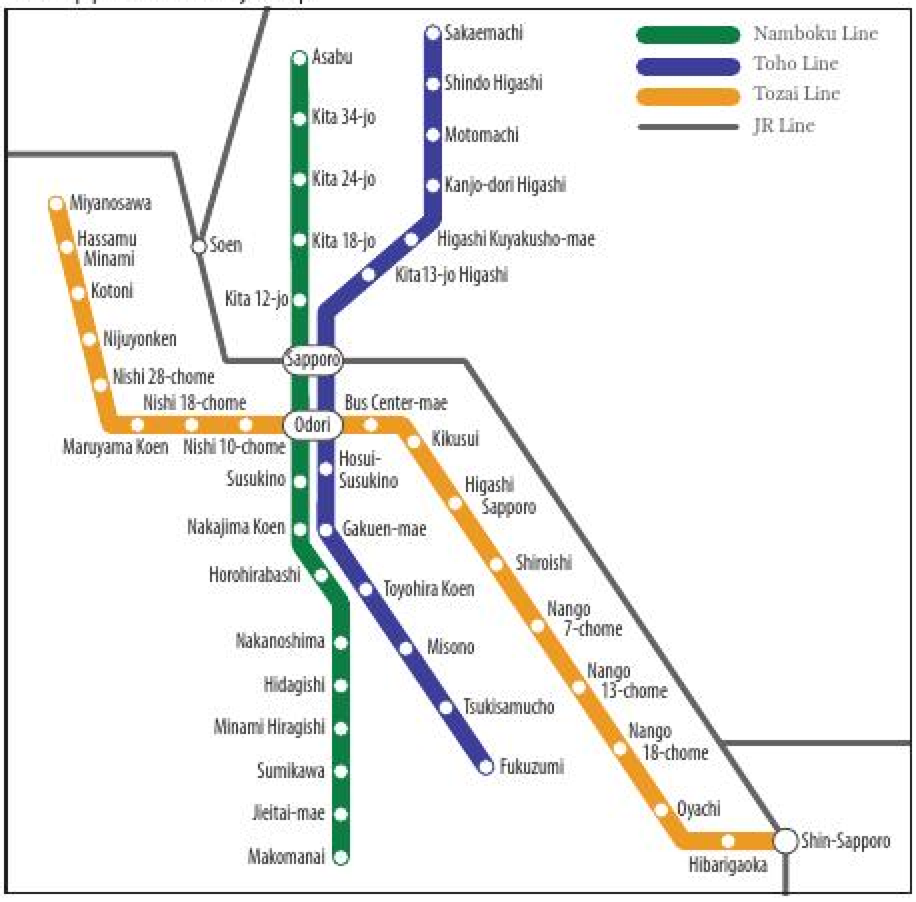


28. Sapporo 札幌



26. Hiroshima 広島

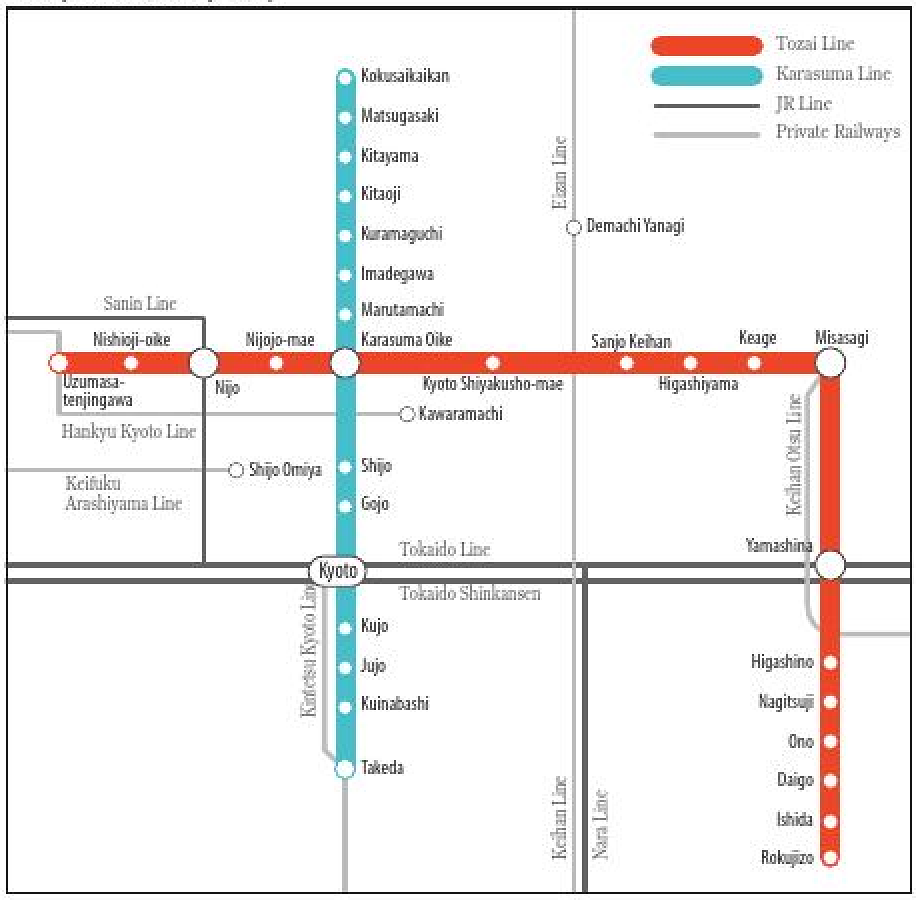
G. Sapporo Subway Map



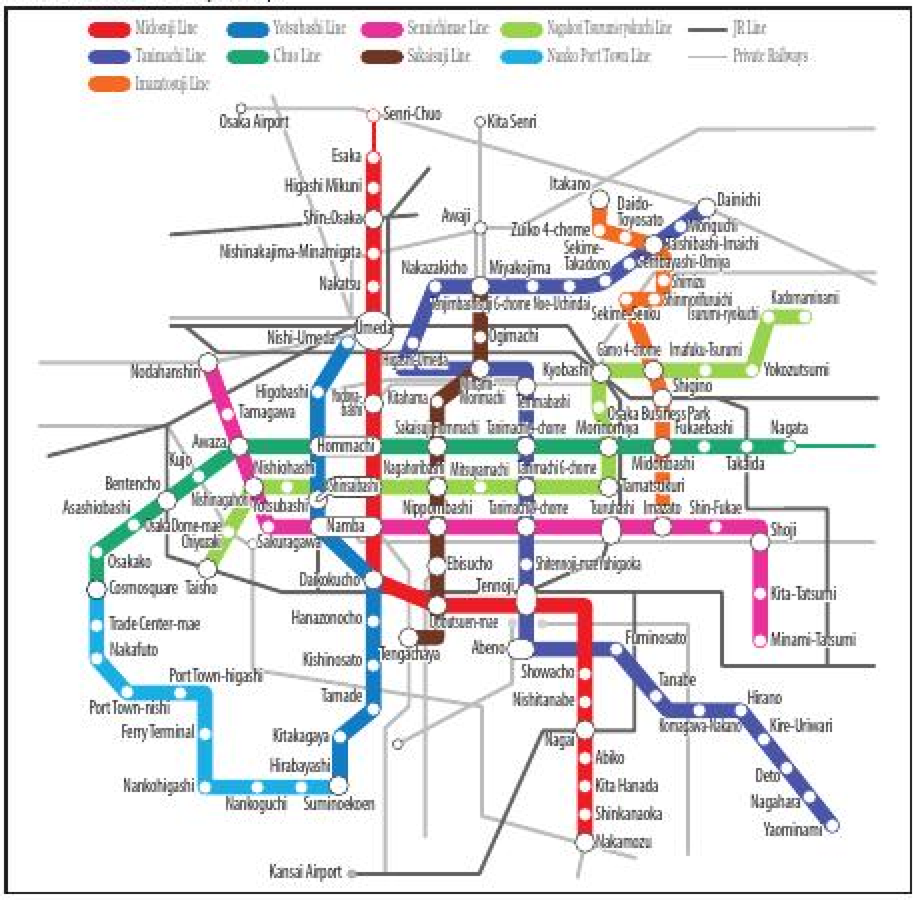
27. Fukuoka 福岡

att. Maps

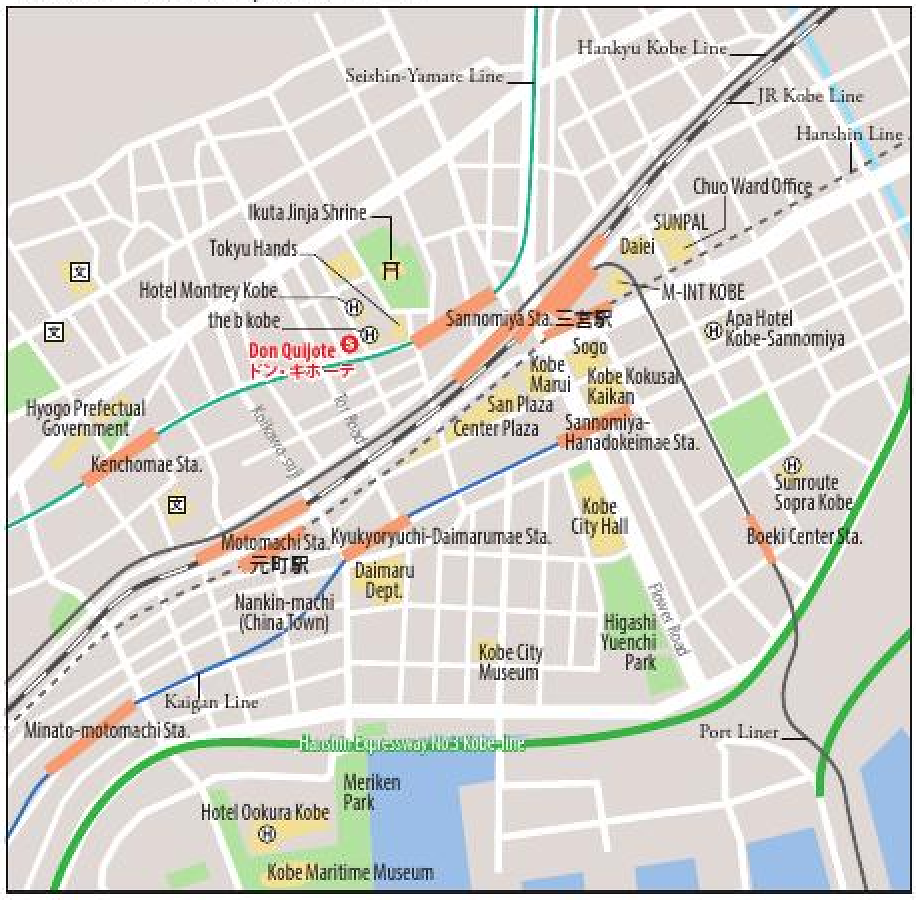
D. Kyoto Subway Map



C. Osaka Subway Map

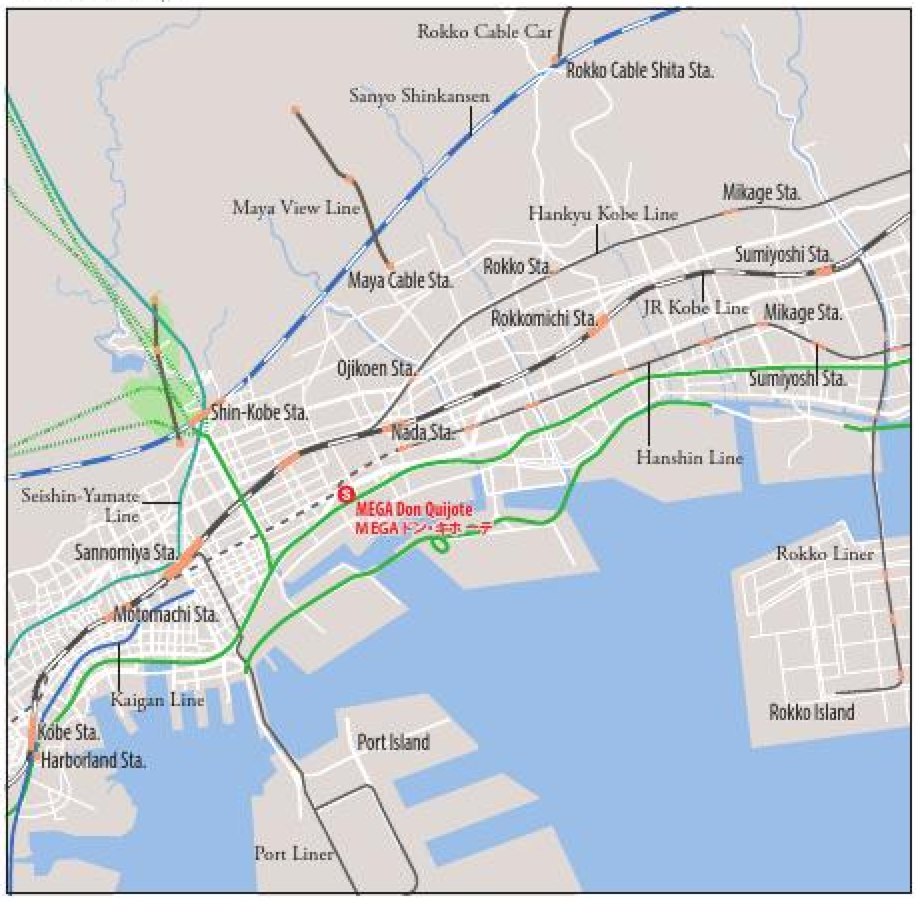


24. Kobe / Sannomiya 神戸 / 三宮

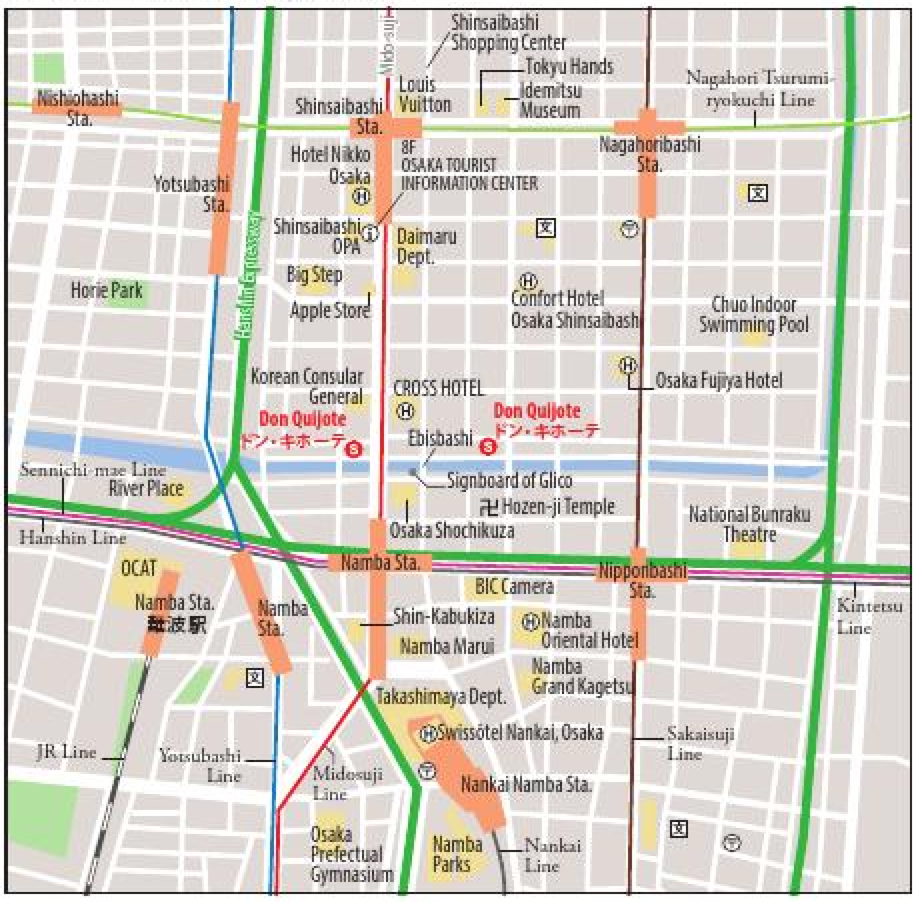


22. Osaka / Kita 大阪 / キタ

25. Kobe 神戸

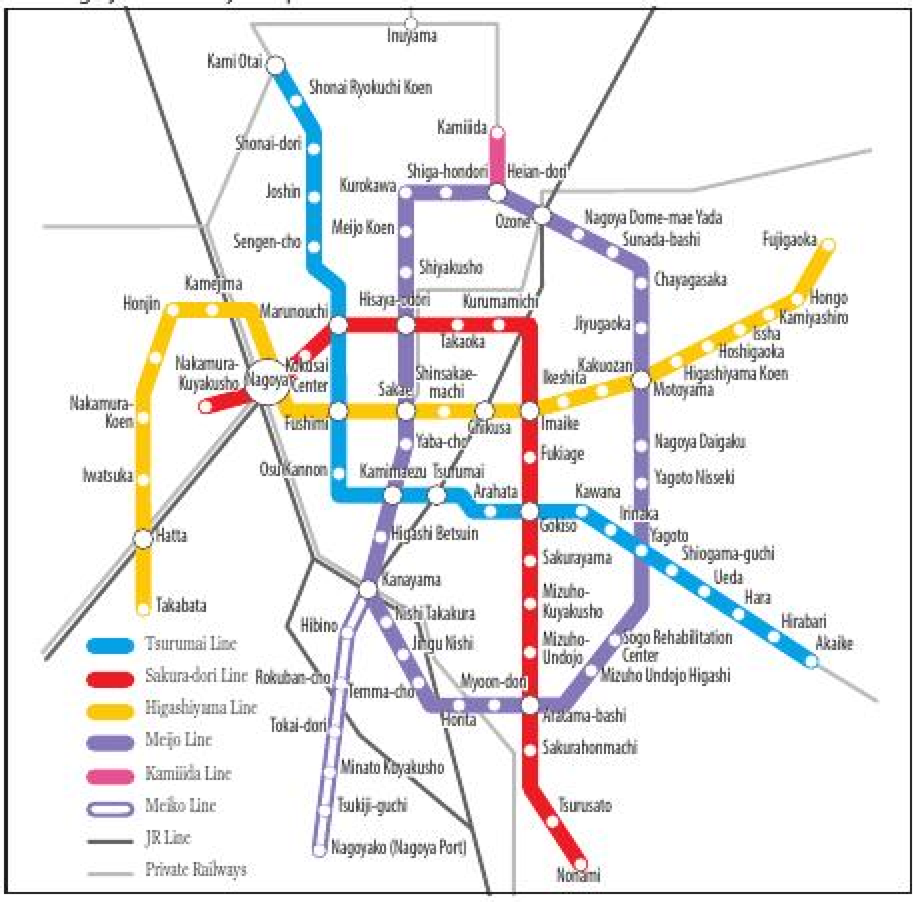


23. Osaka / Minami 大阪 / ミナミ

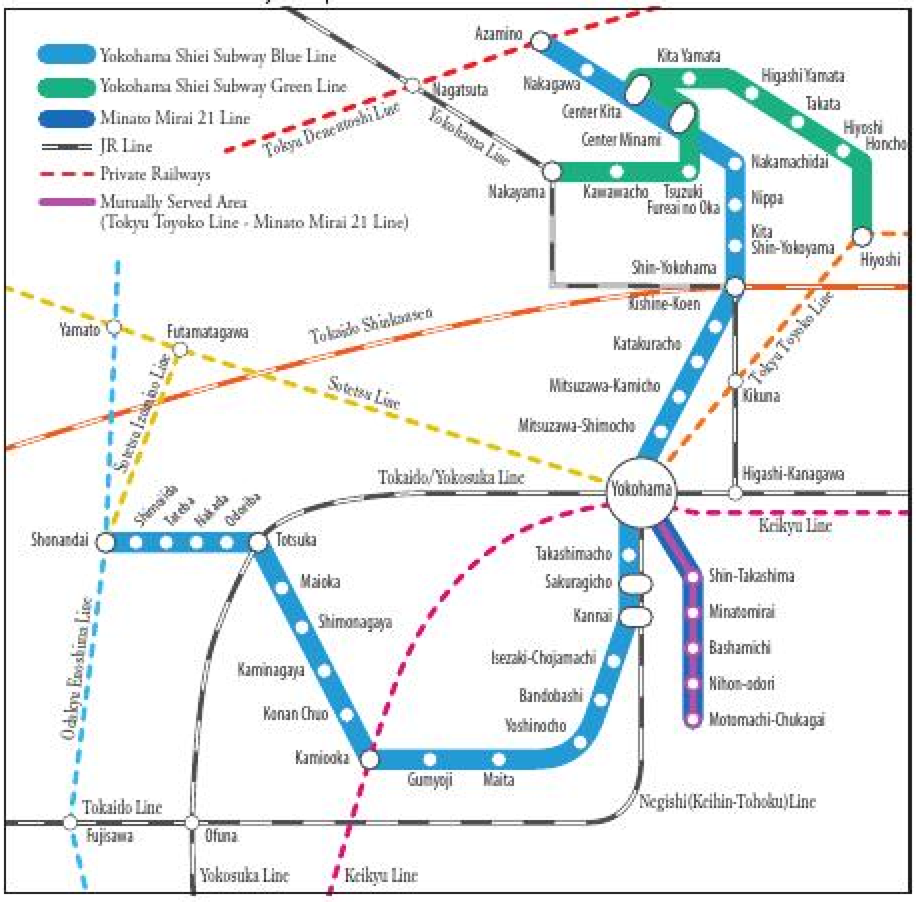


att. Maps

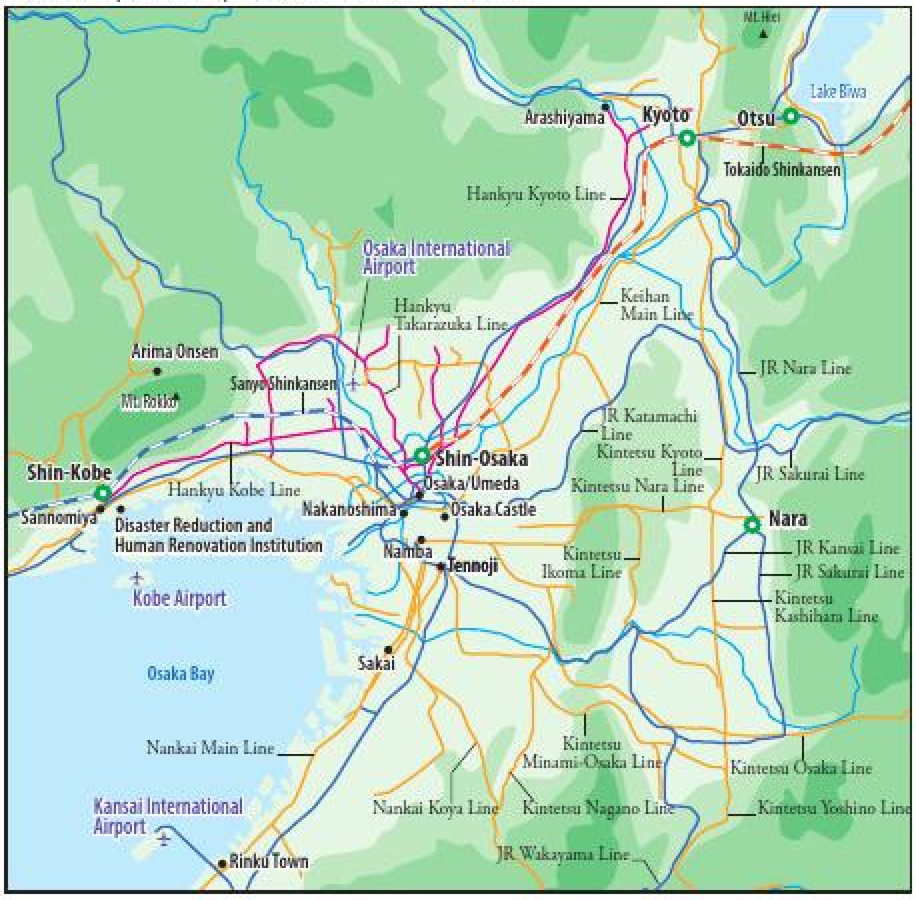
B. Nagoya Subway Map



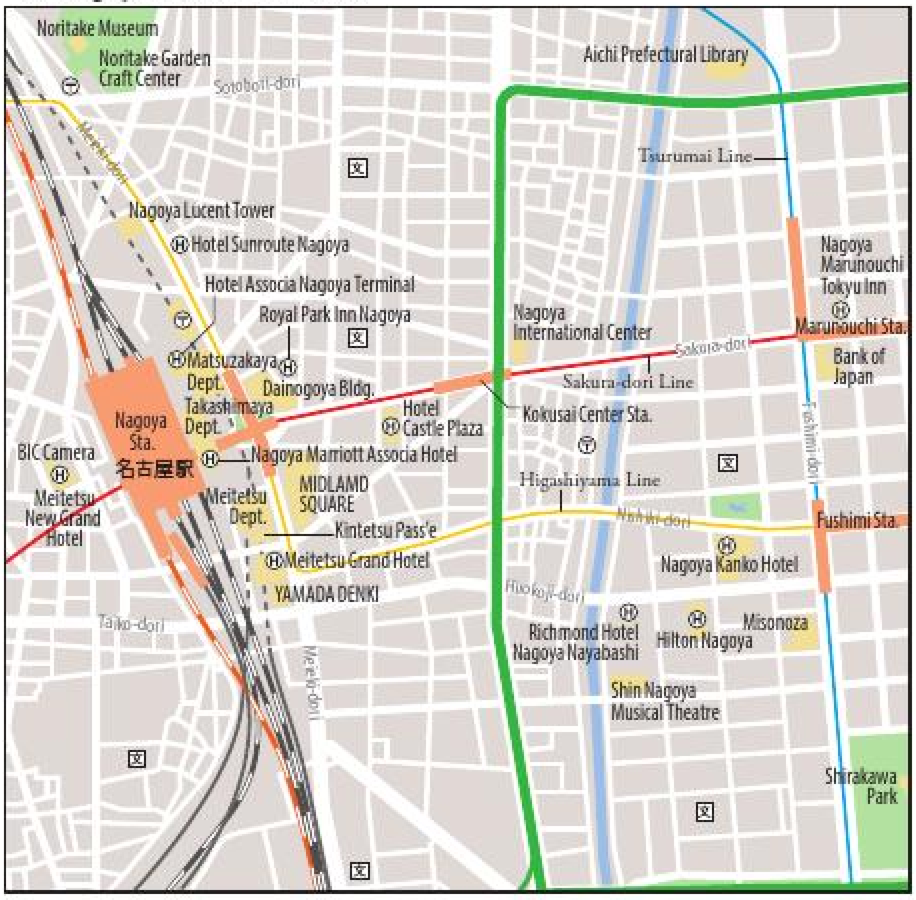
A. Yokohama Subway Map



20. Complete Map of Kansai Area 関西全図

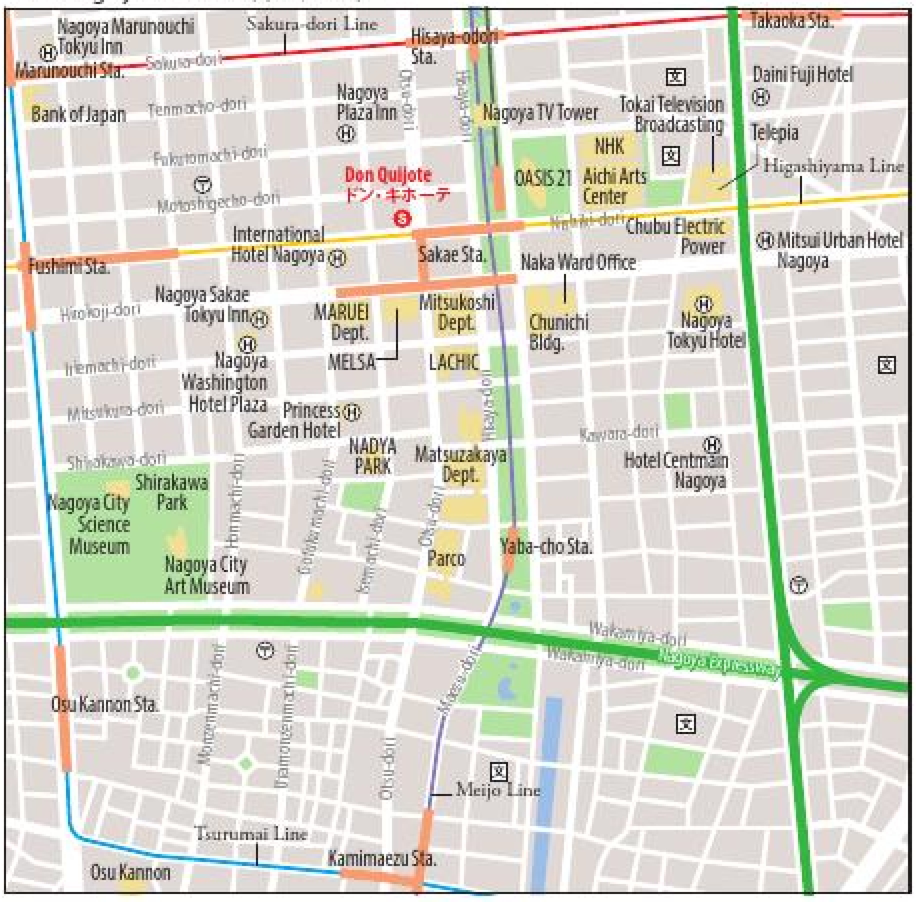


18. Nagoya Station 名古屋駅



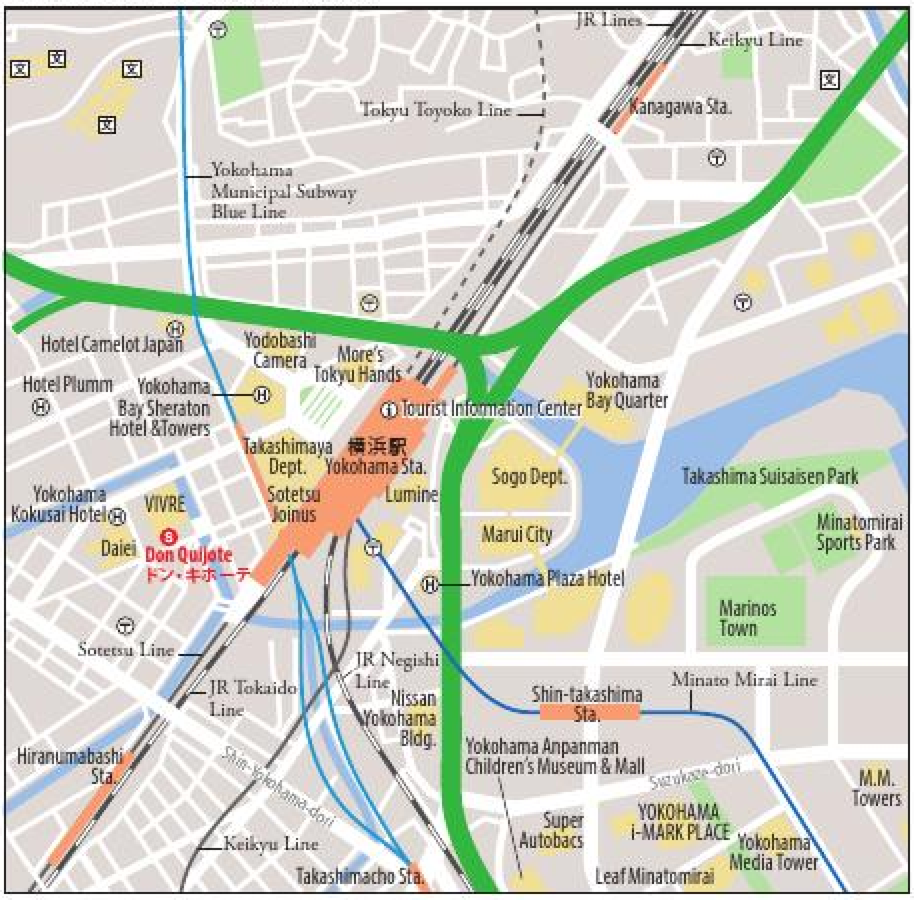
21. Complete Map of Osaka 大阪全図

19. Nagoya/Sakae 名古屋 / 栄

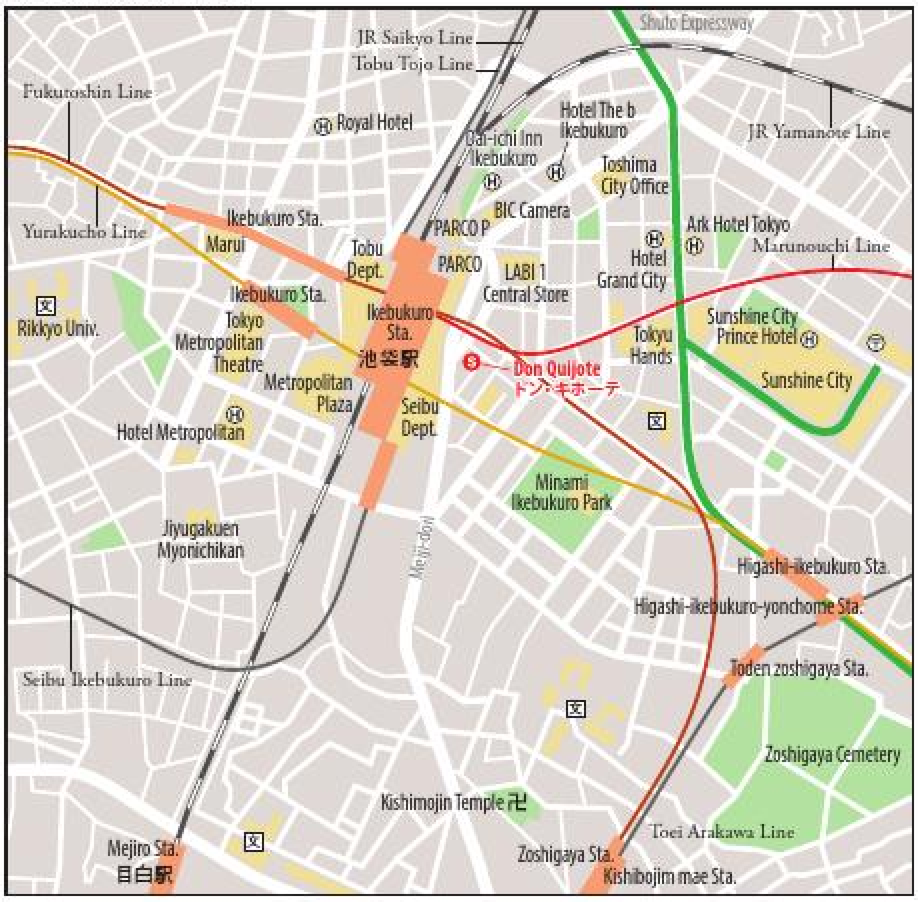


att. Maps

15. Yokohama Station 横浜駅

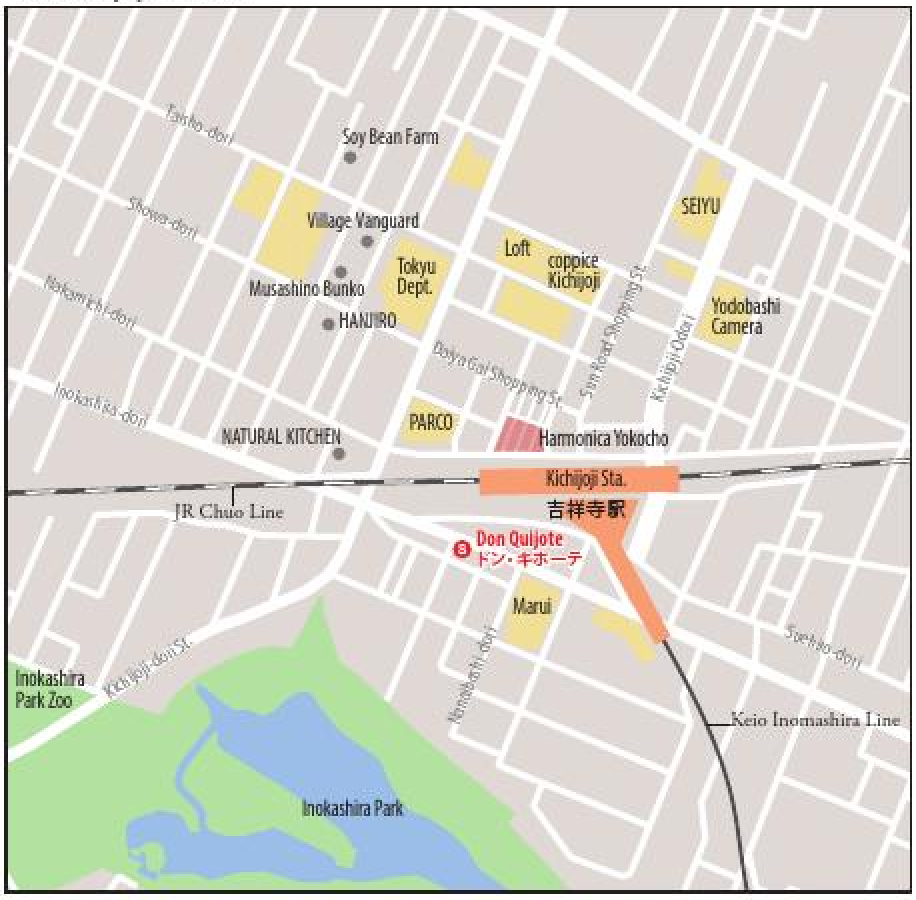


12. Ikebukuro 池袋

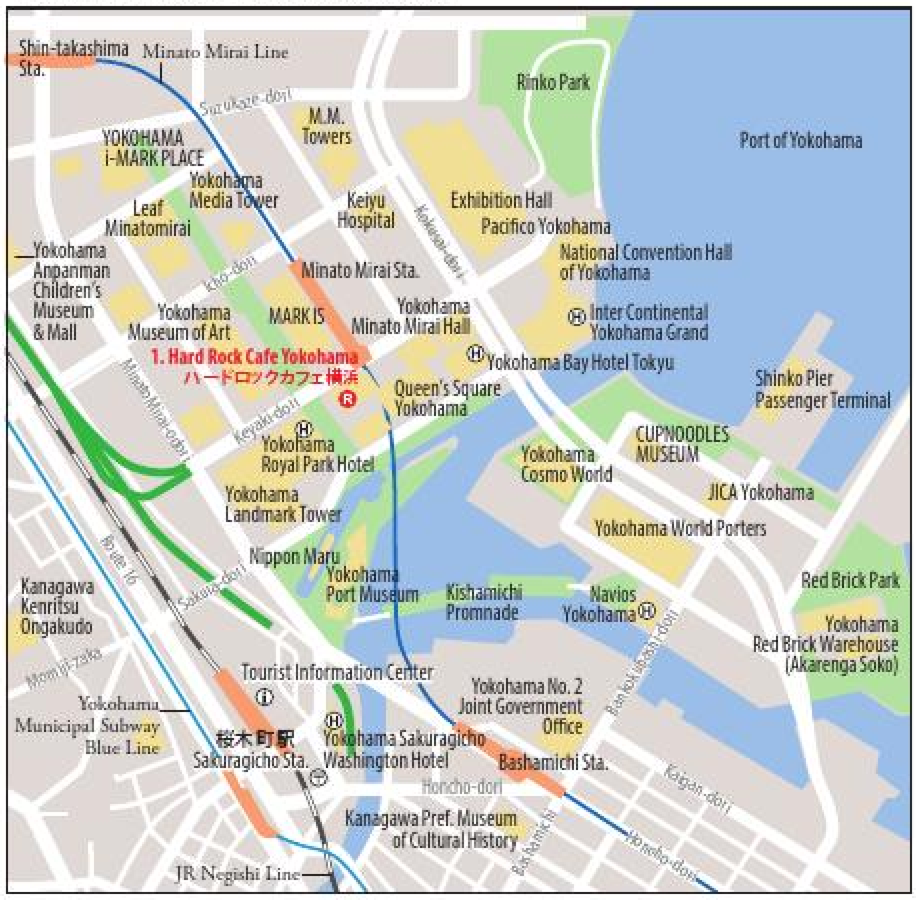


16. Kannai-Motomachi 関内、元町

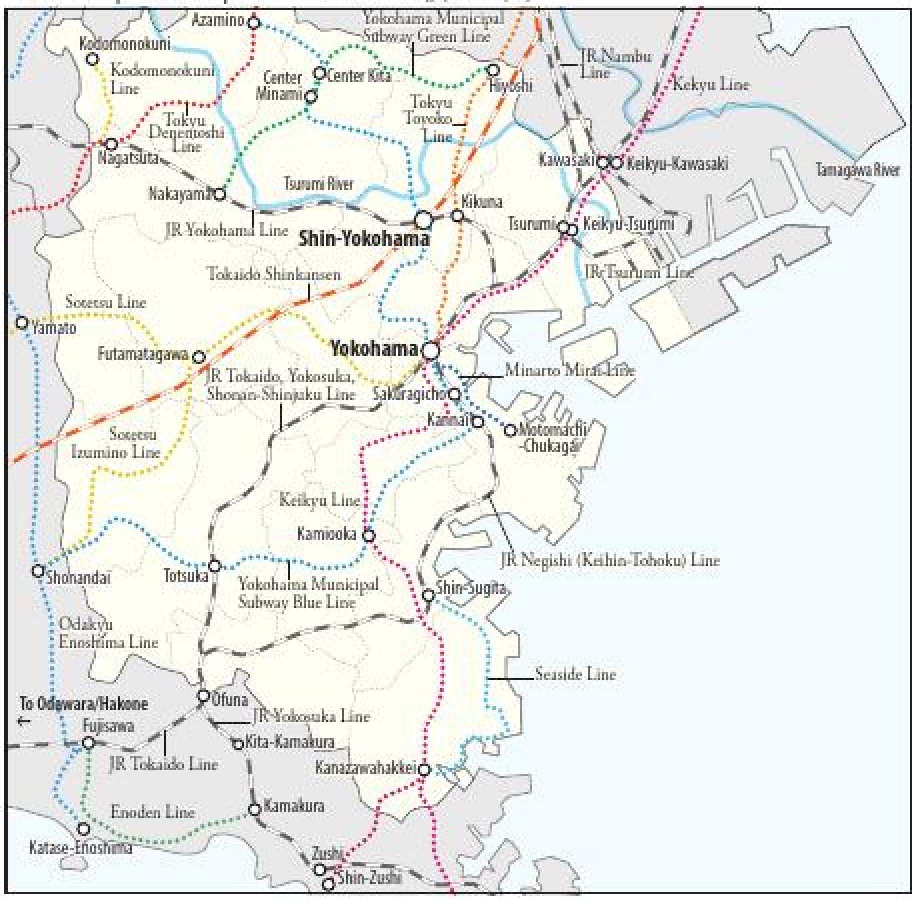
13. Kichijoji 吉祥寺



17. Minato Mirai 21 みなとみらい21

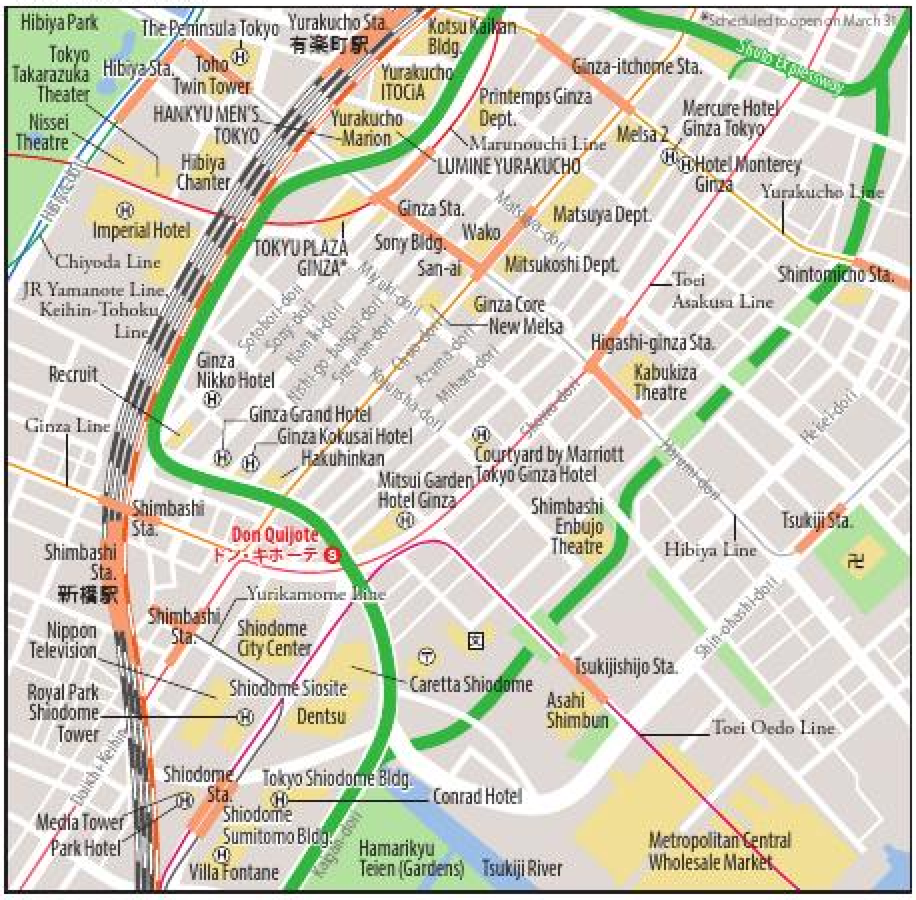


14. Complete Map of Yokohama 横浜全図



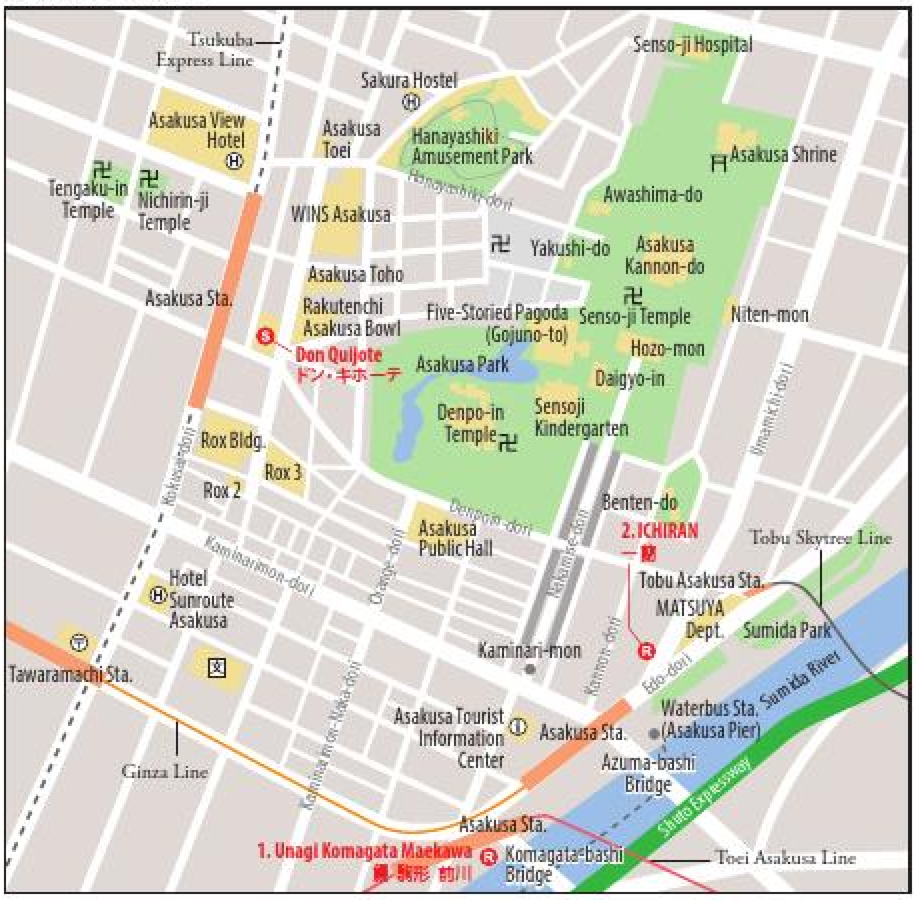
9. Marunouchi / Imperial Palace 丸の内 / 皇居

10. Ginza 銀座

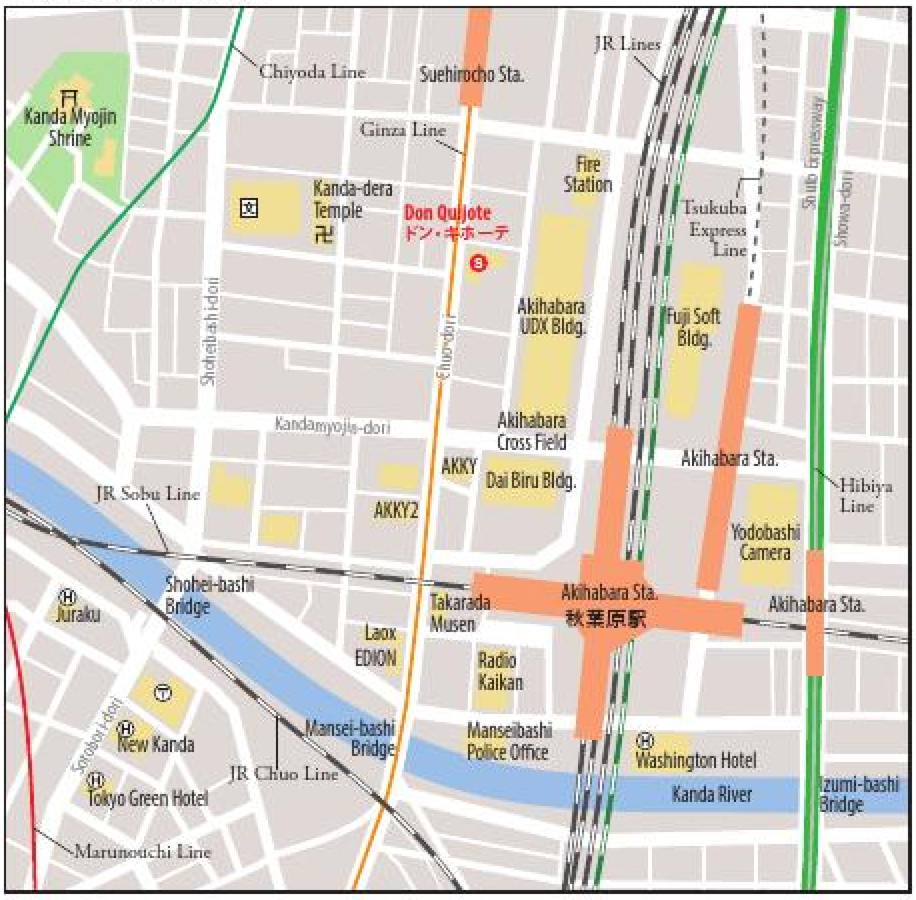


11. Odaiba お台場

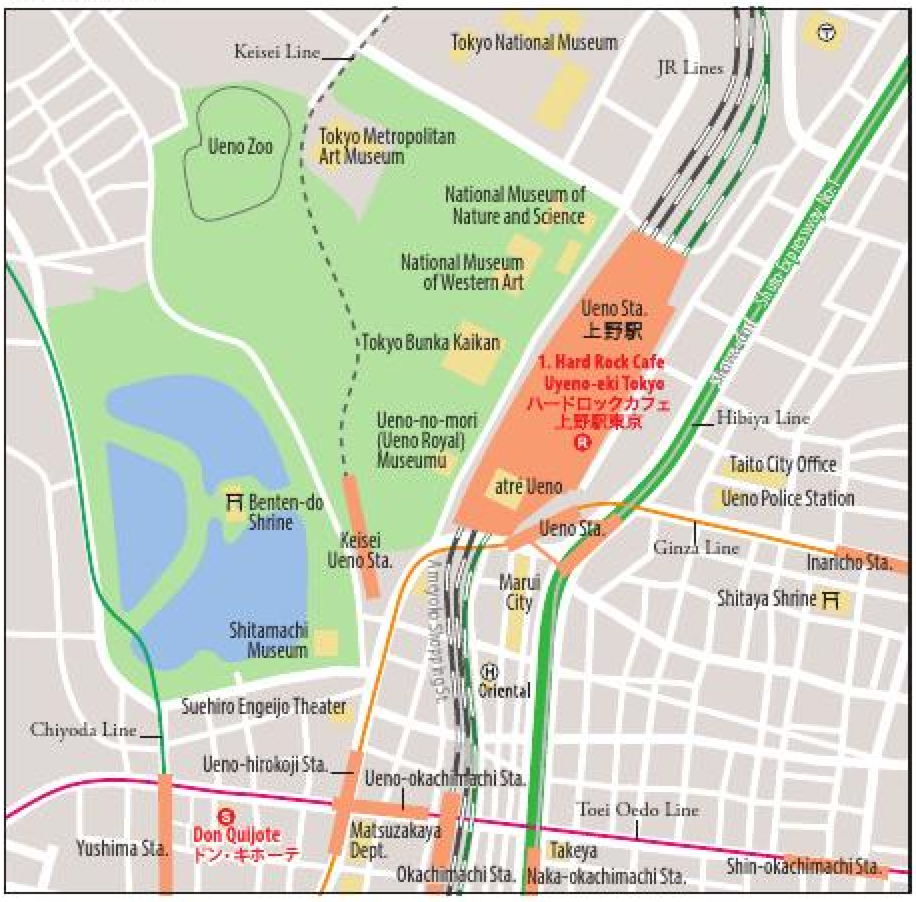
6. Asakusa 浅草



7. Akihabara 秋葉原

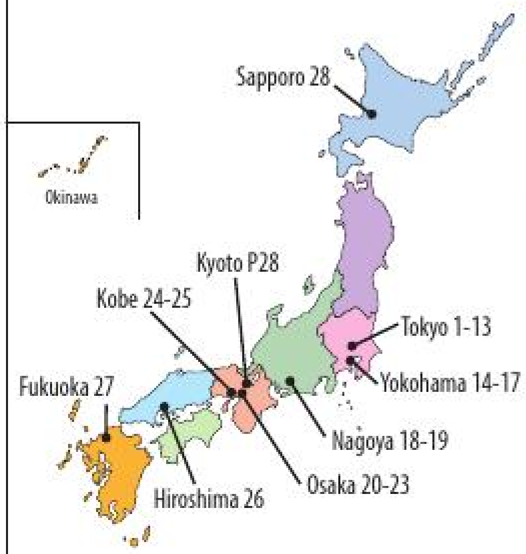


8. Ueno 上野



att. Maps

att.JAPAN presents **att.MAPS**



LEGEND
- Shop
- Restaurant
- Hotel
- Shrine
- Hot spring
- School
- Bank
- Post office
- Temple

Station name — Line name
JR railways: indicated with dashed lines
Private railways: indicated with grey lines

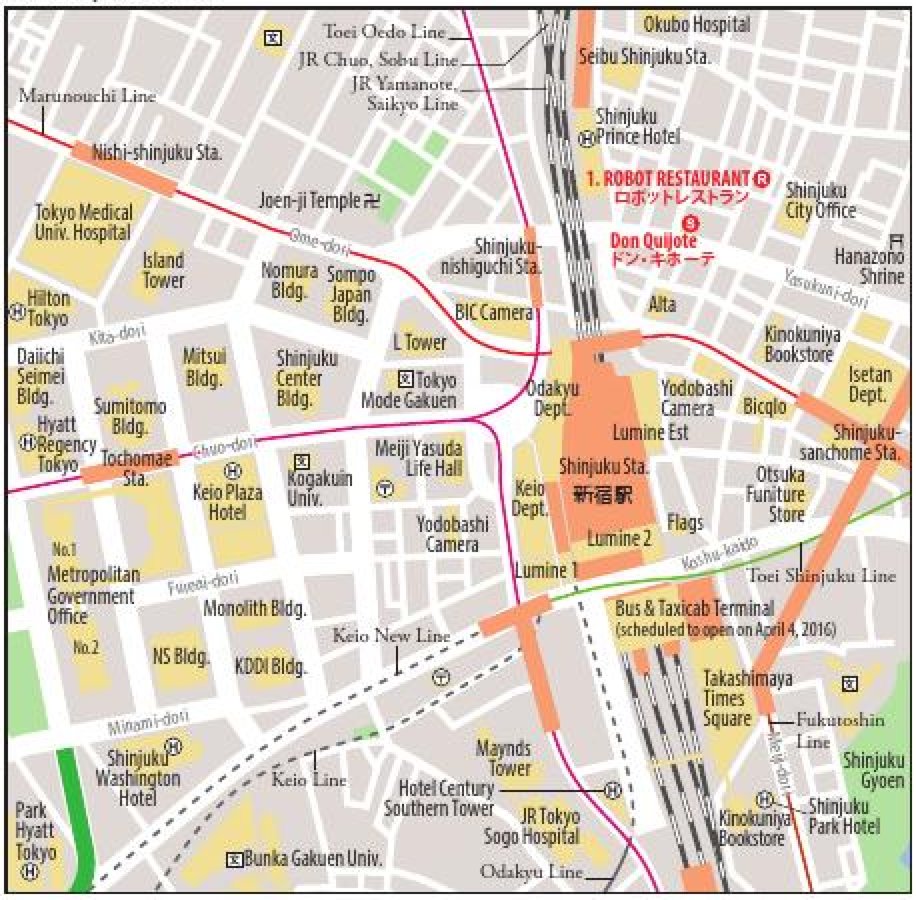
Station name — Line name
Subways: indicated with lines of each line color

Road name (-dori)
Ordinary roads

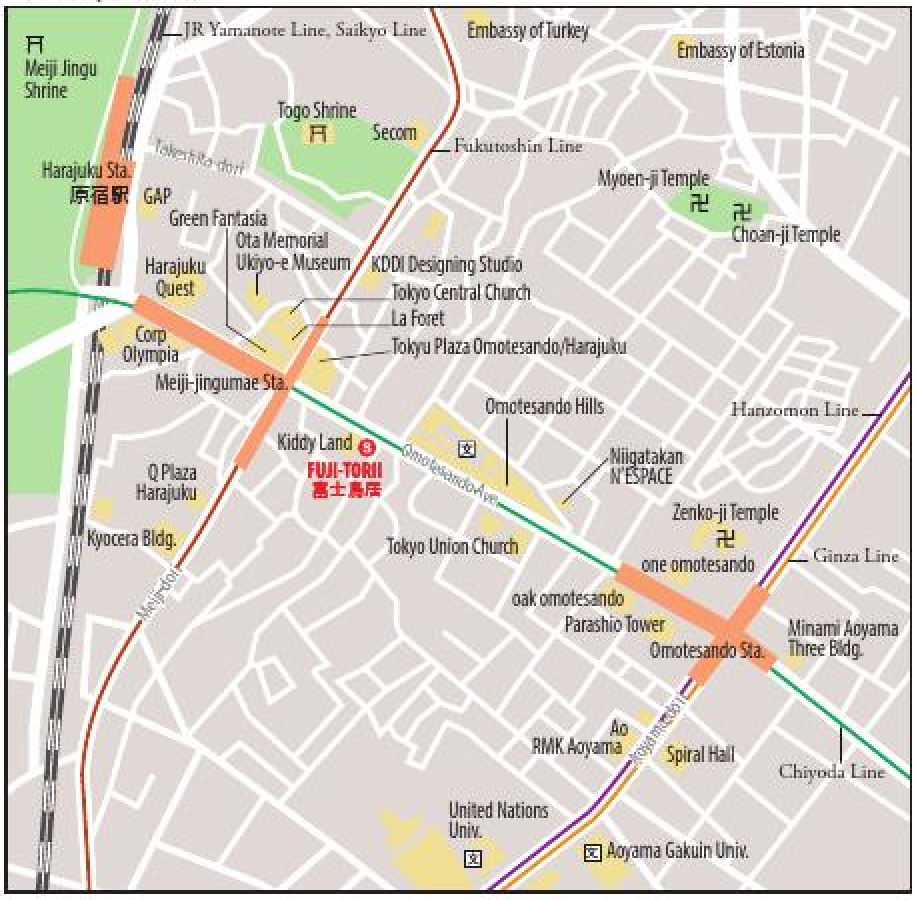
Highway name
Highways

Shops, restaurants or hotels introduced in att.JAPAN are indicated with red letters. Please refer to them when traveling in Japan!

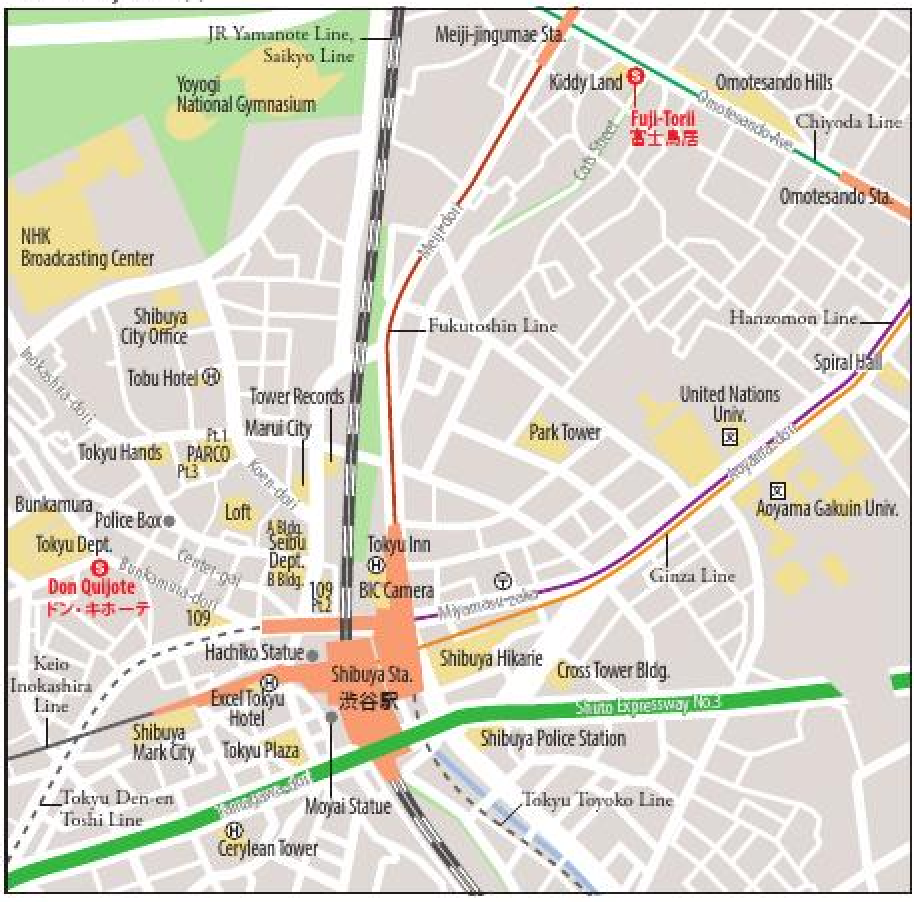
1. Shinjuku 新宿



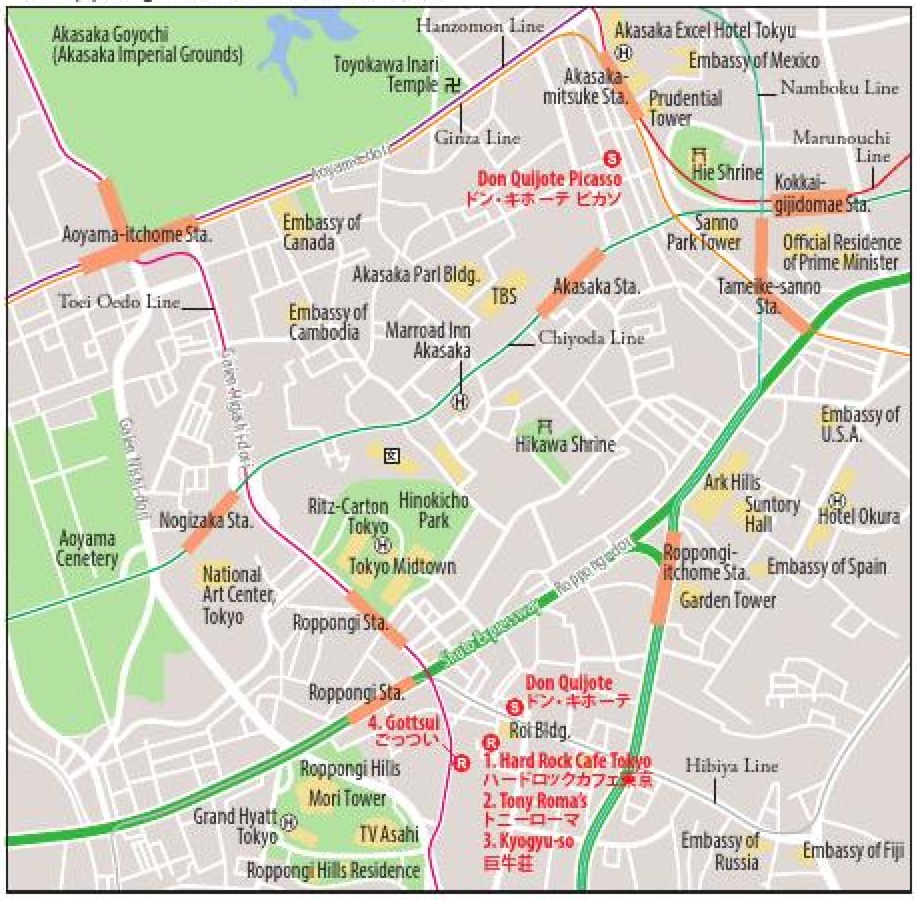
2. Harajuku 原宿



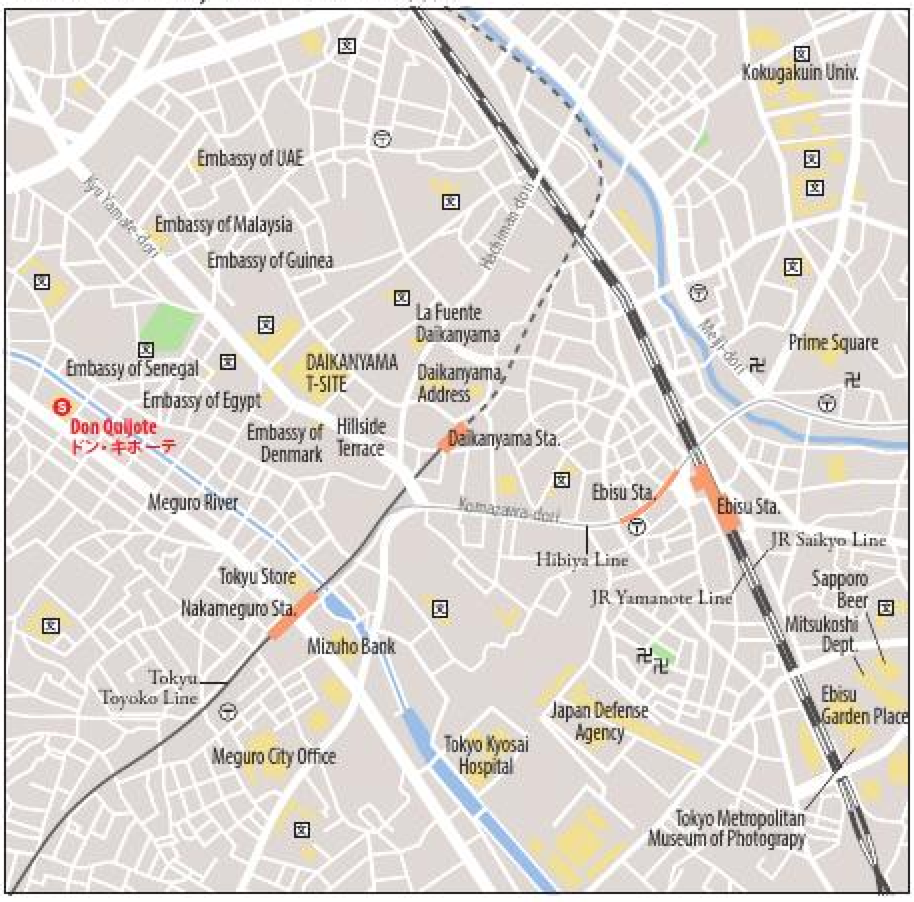
3. Shibuya 渋谷



4. Roppongi-Akasaka 六本木、赤坂



5. Ebisu-Daikanyama 恵比寿、代官山



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003

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Where the Wild Things Are

The Robot Restaurant, a recent endeavor to create a fusion between the traditional and modern cultures of Japan, has been operating in Shinjuku's Kabuki-cho district for over two years. Although it's called a restaurant it is functionally an entertainment performance, albeit one where you can have a sushi meal delivered at your table.

The performance itself features the aforementioned robots, along with a medley of mythical creatures, traditional taiko musicians, dancers and clowns, including an impressive final act where all of these performers join the stage together. It's a light-hearted jaunt through the history of Japan and its popular culture, in an intimate stage setting that gives more of a family-run impression than a big Broadway business one.The popcorn offered at regular intervals during intermissions helps to establish this homey atmosphere even further.

Still, the production values on display here are undeniably high, and the large ensemble cast works with a clear sense of unity and professionalism.

Most importantly, they genuinely seem to enjoy performing the show. This one comes recommended for those who want to get up close with the wacky side of the Land of the Rising Sun. The show performs three to four times a day, but with its popularity steadily rising, reservations are recommended.

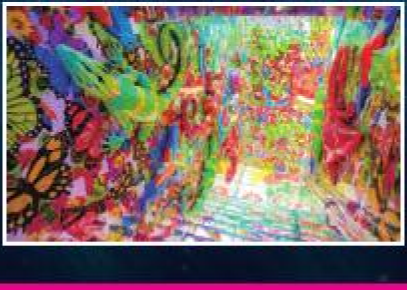
和风现代化机器人秀

新宿歌舞伎町一机器人餐厅

位于新宿歌舞伎町的机器人餐厅，与其说是餐厅，实为秀场，是个体验东京夜晚繁华热闹的好去处。炫目闪耀的霓虹灯，喧闹舞动的音乐以及婀娜多姿的美女们，让人不禁想坠入这个虚幻世界。

既然名为机器人餐厅，机器人秀就是这里最大的特色。配合着两侧巨大的电子屏幕与令人兴奋激动的音乐，一台台机器人逐渐登场，或是对战，或是游行。有时吞云吐雾，有时载歌载舞。在触手可及的距离欣赏机器人表演，真是让人亢奋不已。不愧是高科技的日本，连夜晚的娱乐都富含着最先进的技术。

不只是机器人的高科技，这里还能体验到浓浓的日本风情。除了在待场时，机器人装扮的乐手们演奏的结合现代风格的日式音乐，还有身着和服的舞伞美女、带着歌舞伎面具的太鼓表演等等。近距离的震撼，不容抗拒。



要最大程度地享受表演，重点是自己也要与表演融为一体。何不来这里，手挥闪耀的荧光棒，随着音乐高声吆喝，在灯红酒绿中快乐一场？

Location: 1-7-1 Kabukicho Shinjuku Shinjuku-ku Tokyo, Japan
Call for Reservation: 03-3200-5500 (English is available)
Phone hours: 9:00am-10:00pm Business hours: 3:30pm-11:30pm
Web: http://www.shinjuku-robot.com
***Making a reservation early is highly recommended as tickets are difficult to get on the day of.**

地址：东京都新宿区歌舞伎町 1-7-1
电话预约：03-3200-5500（可讲英文）
电话预约时间：9:00 - 22:00 营业时间：15:30 - 23:30
网址：http://www.shinjuku-robot.com
※ 根据当天情况可能会无法马上入场，请最好提前预约。

Recommended tickets for sightseeing in Eastern Japan

JR-EAST

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English 繁體中文

Kanto Area + Tohoku Area
關東地區＋東北地區

Available from April 2016 2016年4月開始販售

① JR EAST PASS (Tohoku area)
JR東日本鐵路周遊券（東北地區）

		Sold Overseas 日本國外購買	Sold in Japan 日本國內購買
Prices 價 格	Adult (age 12 and over) 大人（12歲以上）	19,000 yen 19,000 日圓	20,000 yen 20,000 日圓
	Child (age 6 to 11) 兒童（6歲～ 11歲）	9,500 yen 9,500 日圓	10,000 yen 10,000 日圓

Validity 有效期: **Flexible 5-day** (Any 5 days within 14 days from the date of issue) 5天機動型(自發行日起14天內任選5天)

How to purchase 購買方法: Web 網路 | Overseas Tour Company 日本國外旅行社 | Within Japan 日本國內

Kanto Area + Nagano, Niigata Area
關東地區＋長野、新潟地區

Available from April 2016 2016年4月開始販售

② JR EAST PASS (Nagano, Niigata area)
JR東日本鐵路周遊券（長野、新潟地區）

		Sold Overseas 日本國外購買	Sold in Japan 日本國內購買
Prices 價 格	Adult (age 12 and over) 大人（12歲以上）	17,000 yen 17,000 日圓	18,000 yen 18,000 日圓
	Child (age 6 to 11) 兒童（6歲～ 11歲）	8,500 yen 8,500 日圓	9,000 yen 9,000 日圓

Validity 有效期: **Flexible 5-day** (Any 5 days within 14 days from the date of issue) 5天機動型(自發行日起14天內任選5天)

How to purchase 購買方法: Web 網路 | Overseas Tour Company 日本國外旅行社 | Within Japan 日本國內

Kanto Area + Tohoku Area + Southern Hokkaido Area
關東地區＋東北地區＋南北海道地區

Available from April 2016 2016年4月開始販售

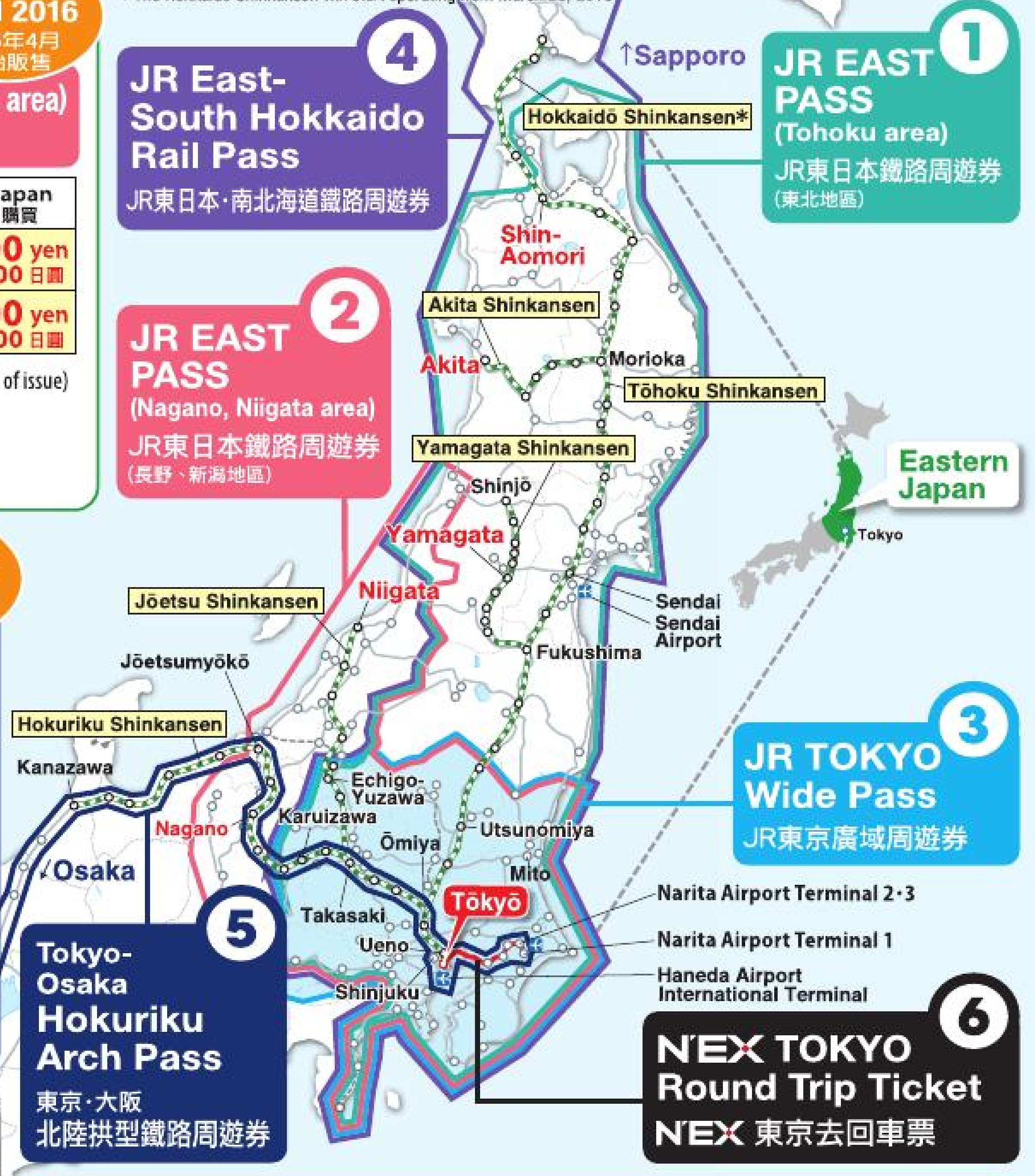
④ JR East-South Hokkaido Rail Pass
JR東日本・南北海道鐵路周遊券

		Sold Overseas 日本國外購買	Sold in Japan 日本國內購買
Prices 價 格	Adult (age 12 and over) 大人（12歲以上）	26,000 yen 26,000 日圓	27,000 yen 27,000 日圓
	Child (age 6 to 11) 兒童（6歲～ 11歲）	13,000 yen 13,000 日圓	13,500 yen 13,500 日圓

Validity 有效期: **Flexible 6-day** (Any 6 days within 14 days from the date of issue) 6天機動型(自發行日起14天內任選6天)

How to purchase 購買方法: Overseas Tour Company 日本國外旅行社 | Within Japan 日本國內

＊The Hokkaido Shinkansen will start operating from March 26, 2016



Tokyo - Hokuriku - Osaka Area
東京～北陸～大阪地區

Available from April 2016 2016年4月開始販售

⑤ Tokyo-Osaka Hokuriku Arch Pass
東京・大阪 北陸拱型鐵路周遊券

		Sold Overseas 日本國外購買	Sold in Japan 日本國內購買
Prices 價 格	Adult (age 12 and over) 大人（12歲以上）	24,000 yen 24,000 日圓	25,000 yen 25,000 日圓
	Child (age 6 to 11) 兒童（6歲～ 11歲）	12,000 yen 12,000 日圓	12,500 yen 12,500 日圓

Validity 有效期: **7 consecutive days** 連續7天內

How to purchase 購買方法: Web 網路 | Overseas Tour Company 日本國外旅行社 | Within Japan 日本國內

Tokyo⇔Narita Airport 東京⇔成田機場

⑥ N'EX TOKYO Round Trip Ticket
N'EX 東京去回車票

	Adult (age 12 and over) 大人（12歲以上）	Child (age 6 to 11) 兒童（6歲～ 11歲）
Prices 價 格	4,000 yen 4,000 日圓	2,000 yen 2,000 日圓

Validity 有效期: **14 days** 14天內

How to purchase 購買方法: Within Japan 日本國內

Kanto Area 關東地區

③ JR TOKYO Wide Pass JR東京廣域周遊券

	Adult (age 12 and over) 大人（12歲以上）	Child (age 6 to 11) 兒童（6歲～ 11歲）
Prices 價 格	10,000 yen 10,000 日圓	5,000 yen 5,000 日圓

Validity 有效期: **3 consecutive days** 連續3天內

How to purchase 購買方法: Within Japan 日本國內

■**How to Purchase**

- Web …You can purchase an exchange order from the JR East website. Please exchange it for a pass in Japan.
- Overseas Tour Company …You can purchase an exchange order from an overseas tour company or travel agency. Please exchange it for a pass in Japan.
- Within Japan …You can purchase it at sales locations in Japan. Please see the pass website for details of sales locations.

■關於購買方法

- 網路 …從JR東日本的網站購買，之後請到日本國內兌換實體周遊票券。
- 日本國外旅行社 …可於日本國外旅行社、旅行代理店購買，之後請到日本國內兌換實體周遊票券。
- 日本國內 …可於日本國內的販售地點購買，關於販售地點請參考周遊券相關網站

The information above is current as of February 2016. 此資訊截至2016年2月。